



Resources and support for discovering Ikigai are essential elements to feed and facilitate the process of exploring and realizing one's purpose. They offer new perspectives, concrete tools, and caring guidance to move forward on this exciting but sometimes intimidating path.

Books are a gold mine to deepen your understanding of Ikigai and get inspiration from varied testimonials. Works such as "Ikigai: The Japanese Secret to a Long and Happy Life" by Héctor García and Francesc Miralles, or "The Path: What Chinese Philosophers Can Teach Us About the Good Life" by Michael Puett and Christine Gross-Loh, provide fascinating insights into the quest for meaning across different cultures. In exploring these readings, we broaden our horizons, put our doubts into perspective and find nuggets of wisdom to enlighten our own journey.

Podcasts and videos are also valuable resources to discover Ikigai in a lively and embodied way. Shows like "The Good Life Project" by Jonathan Fields or "Impact Theory" by Tom Bilyeu offer inspiring interviews with personalities who have found their way and share their learnings. By listening to these stories, we reconnect with our own aspirations, we deflate our fears and find positive role models to dare to blaze our own trail.

Workshops and retreats are privileged spaces to practically experiment with the tools for discovering Ikigai and to reconnect with oneself in a caring environment. Whether it's a meditation retreat, a personal development seminar or an initiatory journey, these time-out breaks allow us to step back, clarify our intentions and take action. By living these immersive experiences, we anchor our learnings in the body and heart, weave nourishing bonds and dare to take rejuvenating steps aside.

One-on-one coaching is a powerful resource for personalized support in one's Ikigai quest. By choosing a certified coach resonating with one's values, we benefit from tailored support to clarify our vision, overcome our blocks and realize our aspirations. Over the course of the sessions, we learn to better know ourselves, mobilize our resources and dare to make choices aligned with our deep self. The coach becomes a valuable ally to stay the course and cultivate one's vital drive.

Support groups and communities are treasures to feel supported and inspired in discovering Ikigai. Whether it's a discussion circle, an online network, or a local association, these spaces for exchange and mutual aid allow us to break isolation, share our doubts and victories, and find travel companions. By surrounding yourself with caring people engaged in a similar approach, we create a virtuous dynamic of mutual encouragement and co-creativity.

Yumi, a young entrepreneur passionate about sustainable cooking, had long sought her Ikigai alone, accumulating doubts and frustrations. It was by joining an incubator of impact projects that she found the necessary resources and support to clarify her purpose and take action. Thanks to co-development workshops, mentorship from experienced professionals, and collective emulation, she managed to launch her committed restaurant "Les Délices Solidaires," combining culinary creativity, short supply chains, and social inclusion. By relying on this supportive ecosystem, she transformed her dream into a fulfilling reality.

Cultivating one's network of resources and supports is a key dimension of the journey towards one's Ikigai. It is by opening up to the richness of external inputs, weaving nourishing links, and daring to ask for help that one can move forward with confidence and serenity on this demanding but rewarding path. Resources are springboards to broaden your horizon, supports are anchors to persevere in times of doubt. By cultivating this fertile ecology, we equip ourselves to realize our full potential and contribute to the world in an authentic and fulfilling way.

Key points:

- Resources and support are essential to nourish and facilitate the discovery of one's Ikigai.
- Books offer new perspectives and inspiring testimonials to illuminate one's journey.
- Podcasts and videos allow for a lively and embodied discovery of Ikigai, drawing inspiration from the stories of personalities who have found their way.
- Workshops and retreats provide privileged spaces to experiment with Ikigai discovery tools and reconnect with oneself in a caring environment.
- Individual coaching offers personalized assistance to clarify one's vision, overcome blocks, and realize one's aspirations.
- Support groups and communities allow for support, sharing of doubts and victories, and finding like-minded individuals.
- Cultivating one's network of resources and supports is crucial to confidently and serenely

embark on the path to Ikigai.

- By leveraging a supporting ecosystem, we equip ourselves to fully realize our potential and contribute to the world in an authentic and fulfilling manner.