



Ikigai in hobbies is an essential aspect of personal fulfillment and well-being. Finding your Ikigai in leisure activities is about discovering passions that animate us, replenish us and give meaning to our lives. It involves cultivating moments of joy, flow and creativity, where one feels fully alive and connected to oneself.

Hobbies aligned with our Ikigai are activities that we practice for the intrinsic pleasure they provide, without expectation of outcome or external recognition. These are spaces for freedom and expression, where we can explore new facets of ourselves, develop our talents and excel with joy. Whether it be through sports, art, crafts, learning, or participation in associations, everyone can find their Ikigai in activities that resonate with their values and deep aspirations.

Cultivating your Ikigai in hobbies requires intention, curiosity and commitment. It involves taking the time to explore various activities, to listen to our desires and to let ourselves be guided by our intuition. It also involves perseverance and patience, as finding your Ikigai is often a journey involving trials, errors and gradual discoveries. For example, a person who discovers a passion for pottery by attending a workshop, and decides to deepen this practice by signing up for regular courses and setting up a small workshop at home.

Hobbies aligned with our Ikigai provide numerous benefits on both, a physical, as well as on a mental and emotional level. They allow us to reduce stress, to relax and recharge. They stimulate our creativity, curiosity and capacity for wonder. They strengthen our confidence, feelings of competence and self-esteem. They help us to develop rich and satisfying relationships, based on common interests and shared values.

Finding your Ikigai in hobbies also involves knowing how to integrate these activities into

your daily routine in a balanced and sustainable way. It's about setting aside blocks of time dedicated to these passions, without guilt and without considering them secondary or superfluous. It's about knowing how to coordinate them with your other commitments, familial, professional, or social, without creating competition or conflict. For example, a hiking enthusiast who plans his weekends and vacations around his outdoor escapades, while ensuring to preserve quality moments with his loved ones.

Cultivating your Ikigai in hobbies also involves knowing how to share your passions and inspire others. It's about transmitting your knowledge, skills and enthusiasm to those around us, particularly to the younger generation. It's about creating opportunities for sharing, exchange and co-creation around these activities, in order to multiply the joy and commitment. It's also about drawing on our hobbies for resources and lessons that can be transferred to other spheres of life, whether personal or professional.

Ikigai in hobbies is a way of life, which is cultivated throughout our existence, according to the seasons and stages of life. It invites us to stay connected to our deep nature, to our dreams and vital impulses. It allows us to fully realize ourselves, in a life rich in meaning, joy and sharing. By cultivating hobbies aligned with our Ikigai, we become the architects of our happiness and the inspirers of a more fulfilled and creative world.

Imagine a society where everyone cultivated their Ikigai in their hobbies: passionate and inspired individuals, living and committed communities, a creative and resilient humanity. This is the transformative power of Ikigai in hobbies, a vital way of life for our individual and collective fulfillment, in a world in search of meaning and joy.

Points to remember:

- Finding your Ikigai in hobbies allows you to discover passions that animate you, replenish you, and give meaning to your life.
- Hobbies aligned with our Ikigai are activities practiced for the inherent pleasure, without expectation of outcome or external recognition.
- Cultivating your Ikigai in hobbies requires intention, curiosity, commitment as well as perseverance.
- Hobbies aligned with our Ikigai provides numerous physical, mental and emotional benefits: stress reduction, stimulation of creativity, increased self-confidence, and the development of enriching relationships.
- It is important to incorporate activities related to your Ikigai in your daily routine in a balanced and sustainable manner, in coordination with your other commitments.

- Sharing your passions related to your Ikigai allows you to inspire others, to transmit and to multiply the joy and commitment.
- Ikigai in hobbies is a way of life that is cultivated throughout life and allows you to fully realize yourself in a life full of meaning, joy, and sharing.
- A society where everyone cultivated their Ikigai in their hobbies would consist of passionate and inspired individuals, living and committed communities, contributing to a more creative and resilient humanity.