

Quest 5:

Create a daily ikigai routine

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Your ikigai is not a checkered flag in the future. It's a way of living in the moment, so that a little bit of meaning every day adds up to a lifetime of joy. Your ikigai should be a routine, not an escape.

1. Define yourself

Committing to your ikigai starts with identity. For example, goals define WHAT you want to do (e.g. write a book), but your ikigai helps define WHO you want to be (e.g. a writer).

I am a...

2. Create a goal

Be ambitious. Make it measurable.

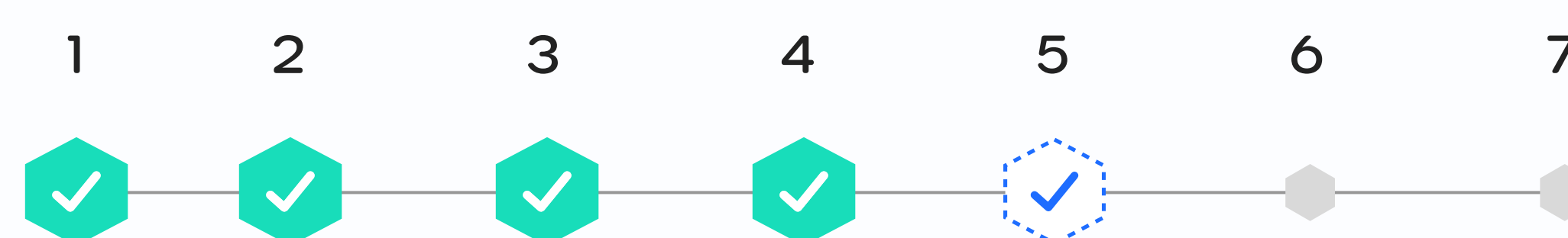
As a {insert your response from prompt #1}, it is my goal to _____.

3. Commit to daily progress

Identify small actions you can take on a daily basis that may not seem significant, but over time, will add up to create exponential progress toward reaching your goal.

Since my goal is to {insert your response from prompt #2}, I will dedicate at least 30 minutes every day to _____.

My Ikigai Quest Map



How to habit stack

Habit stacking is HOW you commit to your ikigai routine. It's when you identify a current habit you already do each day and then stack your new, desired activity on top of it. Here's the habit stacking formula:

"Before/After (existing habit), I will (new habit)."

4. Build a daily habit stack for your goal

Before/after {insert an existing daily habit}, I will {insert your response from prompt #3}.

5. Build a daily habit stack for pure joy

Before/after {insert existing daily habit}, I will {insert something you can do each day that brings you joy}.

"You have to apply yourself each day to becoming a little better. By becoming a little better each and every day, over a period of time, you will become a lot better."

— John Wooden