



REALIZE YOUR IKAGAI





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WHAT IS YOUR REALITY ?

Do you want to give meaning to your life? Do you want to realize your dreams and live from your passion? This is called your 'Ikagai'. It is a Japanese term for self-realization.

Unfortunately, the society in which we live does not encourage us to find meaning in our lives and to fulfill ourselves. If this was taught in school, the world would be much different, people would be much happier, kinder, they would always have a smile on their face and therefore would also be in good health. A real world of Care Bears... But we taught you that you had to go to school, study and obtain a diploma in order to fit into society, to have a 'decent' salary, to be able to pay your rent or take a loan for 25 years, your bills and maybe be able to offer you a vacation once or twice a year. So you do a license, maybe a Master, in whatever comes to your hands, without really knowing what you are made for, what attracts you, what really you like. Or you gave up before because the school benches didn't suit you (it's understandable...). You have resigned yourself to working in whatever came to hand and you are 'happy' because you managed to get a permanent contract. The wheel turns and you are caught in this gear. You think you can no longer get out of it so you resign yourself to thinking that this is life. In addition, your entourage approves: That's good, well done, you have a permanent contract, a good and stable job..

But in reality, you are not satisfied and you know it. You refute these emotions but what to do, but deep inside you feel unwell. You ignore it and you don't think about it. Stress, sadness, malaise, bad eating habits, chronic illness, high blood pressure, diabetes, cancer...

Well no. I come to tell you that you can change everything and that you can be happy. You can do differently, you can realize yourself and in fact you can do anything. I know, it's not easy. Habits have deeply embedded these false beliefs and they became your "reality".

Do you remember when you were a small kid ? You had lots of dreams, imagination, desires, you thought you were invincible. This flame is in you but it is extinguished. Yes, you can revive it and it's easier than you think. I just ask you to believe in it, to have the will and to follow the model that I have established. You are the best person to believe in yourself.

Remember well: whoever tries nothing, has nothing. I ask you not to wonder too much and try to follow this pattern for at least 7 days. After one week, let's take stock...

Don't tell me you don't have time because you do have it and you will find it. Even if it is a few minutes a day, it will be enough.

You will make the distinction between your needs and your desires and you will write down a to do list. I guess spending your time on social media or in front of the TV is not a need, if you know what I mean...

So now that you've found the time, you're ready for the adventure.



THE MODEL

1 – PREPARATIONS

- Get yourself a nice notebook. It will become your best ally, your confidant, your lair.
- On one of the first pages, make a list your dreams.
- Prioritize each of your dreams. '1' for the most important dream, the one that is closest to your heart and that you want to achieve first.

2 – SUB-TASKS

- Still in your notebook, list all the things (sub-tasks) you need to accomplish in order to achieve your priority dream.

For example, let's say you want to open your own restaurant. So you're going to list all the items. Learn to cook, define the style of restaurant, the menu, list all the administrative procedures, market research, creation of your digital footprints....

3 – SMART GOALS

- SMART: Specific, Measurable, Achievable, Relevant, Time bound

Let's take the example of the restaurant. In order to turn this dream into a SMART goal.

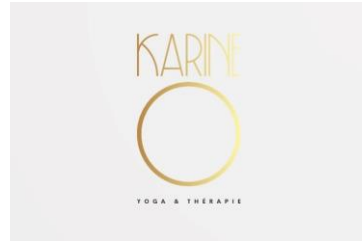
SMART goal: I want to open a sushi restaurant in Carcassonne which will serve 10 tables and also sell take-away. The opening will be at the end of December 2023.

Our goal is Specific, Measurable, Achievable, Relevant and Time-bound. We know the objective, we know the scope and details as well as the opening date.

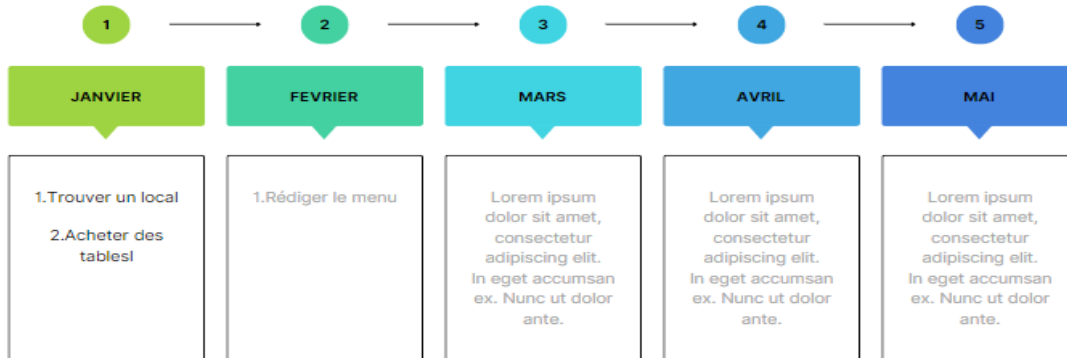
4 – PROJET PLAN

- Now that you have all your sub-tasks, you need to make a plan. I'll give you a simple example below. A plan is extremely important in order to be able to organize yourself, to respect the deadlines you have planned and to carry out your project as well as possible.

Screenshot is in French but I am sure you will understand. Plan you tasks and subtask for each month..



Plan de mon projet



5 – BACKUP PLAN

Everything doesn't always work out the way you want it, so you need to create a backup plan.

If one of the sub-tasks is delayed or doesn't work, you have to be able to bounce back and replace it in order to keep moving forward and not have a feeling of disappointment that could make you give up or destabilize you...because nothing is worse than the feeling of having failed. Be indulgent with yourself, accept mistakes, consider that they create new opportunities.

List the risks of your project and plan the mitigation action.

For example, one of the subtasks of my restaurant plan is to find a commercial space in downtown Carcassonne. The signing of the lease is not done and there is no other room available. Your backup plan must include other options such as another nearby town, or perhaps renting an apartment that you would transform into an 'apartment restaurant' concept.

5 – MEDITATE AND VISUALIZE

This exercise is extremely important so please take it seriously. It is the key to your success. Anything starts from a thought.

- You now know exactly what you want: Open a sushi restaurant in Carcassonne which will serve 10 tables and also sell take-away.



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- Sit comfortably and quietly for about ten minutes (if you can more, it is even better), being sure not to be disturbed. You will visualize your restaurant with as many details as possible (you see the street where it is located, the window, you enter inside, it is full of customers who are enjoying themselves, you even smell the smells of food. The walls are white, the tables black and gold.....)
- Feel your joy, your satisfaction, your emotions throughout the visualization exercise.

You will repeat this exercise **every day**. The more you do it, the faster it will happen.

You have to believe in yourself and your abilities. If X could do it, so can you.

6 – COSMIC COMMUNICATION

- Speak to God, to the universe, to the spirits, to the forces of the beyond according to your preferences. Thanks for all you have and don't have yet. You must have sincere gratitude.
- Formulate your request (your dream) by thanking you for accompanying you, for giving you the strength and the will. It is advisable to write your formula in your notebook and reread it every day.

Repeat this **everyday**.

7 – SEGMENTATION

- To avoid procrastination, you are going to create a segmentation table in your notebook. In this table, you will register your daily activities (work, transport, cleaning, preparing dinner, taking care of the children, etc.)

Hour	Activity	Note
7H – 8H	<ol style="list-style-type: none"> 1. I get ready for work 2. I wake up the kids 	
8H – 9H	<ol style="list-style-type: none"> 1. Train to work 2. List the sub tasks of my Ikagai in my notebook 	
9H – 17H	<ol style="list-style-type: none"> 1. Day work 	
12H – 14H	<ol style="list-style-type: none"> 1. 1. If I have time during lunch hour, I visualize or I work on my project plan 	
17H – 18H	<ol style="list-style-type: none"> 1. Train back and relax 	
18:30H -20H	<ol style="list-style-type: none"> 1. Prepare diner, diner time, spend time with my family 	
20H – 21 H	<ol style="list-style-type: none"> 1. Meditation and visualization 	



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8 –TAKE STOCK

At the end of the 7 days, take stock of everything you succeeded in doing and what you were less successful. Of course, all the activities listed above take time and you won't be able to accomplish everything in a week. Just start and make sure you prioritize meditation-visualization exercise.

How do you feel ? Happy to have made progress toward your dream and that you have been productive? Yes, it generates great satisfaction. Continue with this positivity, you are on the right path.

It may not always be easy because you have constraints and you lack time, but we have nothing for nothing. If you want changes and achievements in your life, be honest with yourself because you know, we get nothing for nothing and miracles are rare.

You may also need to be helped and boosted thanks to my coaching. If so, I invite you to contact me.

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You can also book an appointment [HERE](#) and pick up 'Coaching'.

See you soon at your restaurant 😊