

DAY 4 – PASSION

"Ikigai is a Japanese concept referring to something that gives a person a sense of purpose, a reason for living."

~ Ikigai: the Japanese secret to a
Long and Happy Life

Do you know your passion?

Answer the questions on the next page using the method of Intuitive Writing (see the Intuitive Writing Guide).



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Do you feel PASSION at this moment in your life? How small or big it may be. Or do you still miss something, and do you have a sense of what it could be? Don't think, let the words flow.

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How did you find your PASSION? Or, why did you not find your PASSION yet? How does this make you feel? All feelings are welcome, have compassion to yourself as a Human Being and a Soul.

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If you lived your life from the place of your passion, what would that be like for you? How would you feel. What would you do. How would you think. How would you look. Let your imagination run free and write from your Soul.

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Read your answers on the previous questions out loud. You can also let the answers sink in first. When you feel ready, write about how you feel about your answers. Did they give you particular insights?