

## FINDING JOY IN WHATEVER YOU DO

by:  
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The word Ikigai has now gained popularity because of man's never-ending search for happiness. Many are now trying to engage with what truly gives them joy because it gives them their sense of existence. Ikigai is a Japanese word that refers to a passion that gives value and joy to life (Ikigai, 2022). It is an idea that means "your reason for being". It comes from the words "iki" which means life and "gai" which describes value or worth (Eatough, 2021). We all have our own share of stories of what gives meaning to life. This is not my story but about a man I recently met whose body clock leads him up to the hill early in the morning to run. He sets himself to go farther every day little by little. He does this every morning and finds fulfillment in every finish. He also enjoys climbing mountains. The trail uphill thrills him to push himself to the limit. He creates life through these activities. For him, life is too short not to enjoy. Initially, I thought his running and hiking activities are merely just his hobbies. That was before not until I see how running and hiking direct him to take a more positive approach towards life despite life's unfairness. I see that from running and hiking, he finds joy. Those are his passion. He is for it [running and hiking]. Those are his Ikigai. According to Jayma (2020), waking up each day, living in good health, raising a family, enjoying your hobby all day long, taking steps towards diving deep into your passion, and sharing love with friends are all kinds of Ikigai. It is finding joy in whatever you do. Or should I say, doing what brings you joy? I hope you also had found your Ikigai and enjoy living.

## *References:*

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