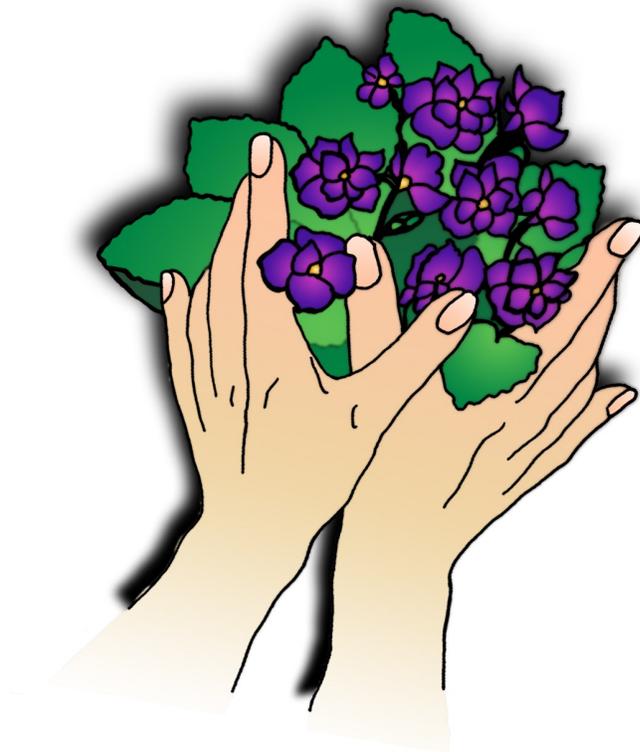


Find Your ***IKIGAI***

Your **AGING** Body Can Talk
Companion Workbook

by Susan L. Levy, DC



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Names: Levy, Susan, 1952– author.

Title:

Your AGING Body Can Talk: A Companion Workbook - Find Your Ikigai

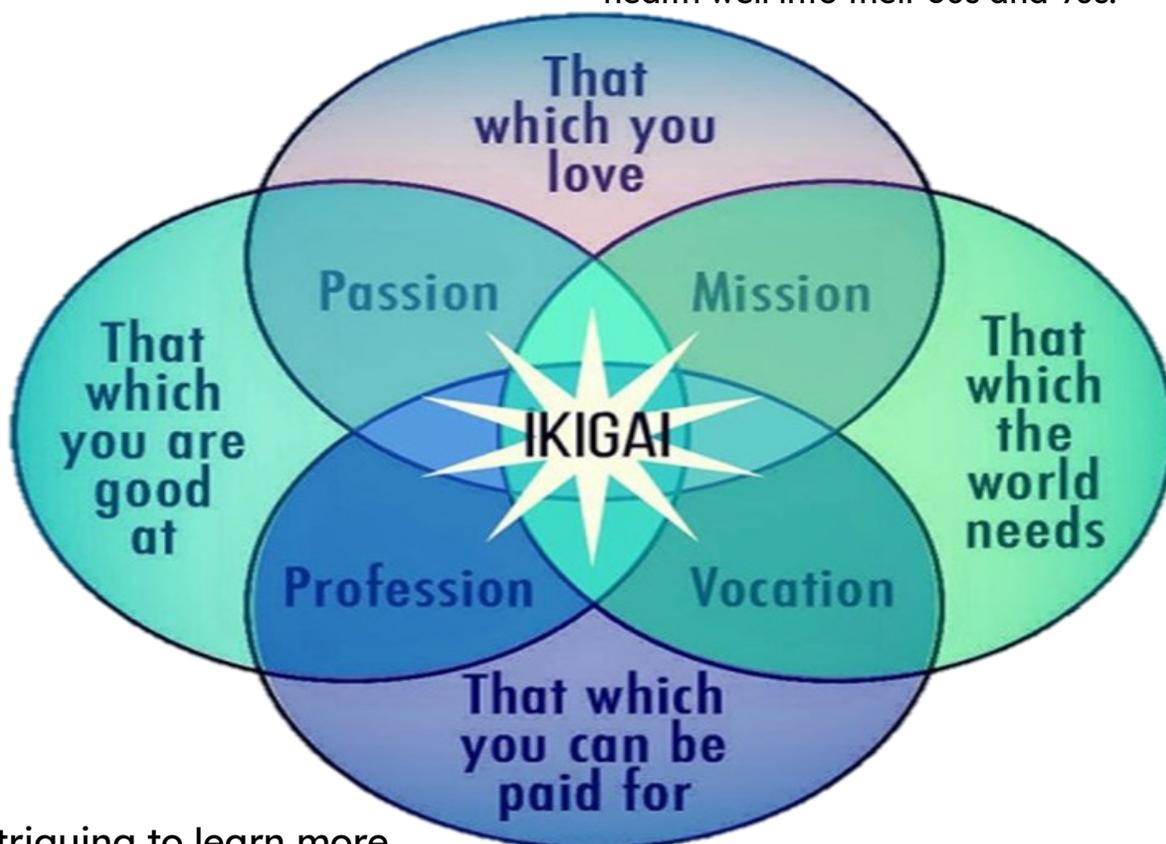
Disclaimer: Any information in this book is not intended to be a replacement for medical advice.

Any person with a condition requiring medical attention should consult a qualified health professional.

Defining and living one's purpose is commonplace for traditional Okinawans.

Centuries ago it became ingrained in the Okinawan culture for people to specifically define, and continuously develop their life's purpose, called *ikigai* [pronounced EEK-EE-GUY].

The beauty of this is that knowing and decreeing one's *ikigai* establishes their path and illuminates their priorities. Self-esteem and respect for others tumble forth from this philosophical approach. This begets a culture full of people with less stress and more happiness. Not surprisingly, the traditional Okinawans have been known for their longevity and their propensity for maintaining health well into their 80s and 90s.

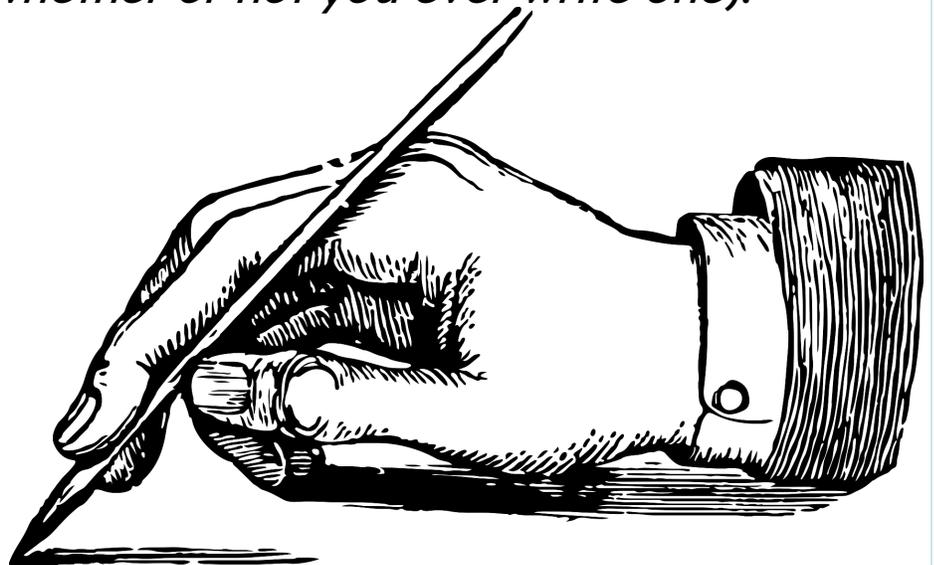


It is intriguing to learn more about the historical value placed on the wisdom of elders in various cultures throughout the world, over centuries. You may be encouraged to research further, specifically from the perspective of your own ethnic and cultural background.

Next, you can write down the points to consider in actually defining your life's purpose (*ikigai*). These may include the relationships, activities, accomplishments, hobbies and "good works" you have enjoyed during any phase of your life. In fact, an entire life review may provide clues to defining your life's purpose. Hopefully, this exploration will help you remember your value to your family, your community, and yourself.

FIND YOUR *IKIGAI*

- Write a list of the things you most enjoy in life.
- Write a list of your favorite accomplishments.
- Write a list of how you most enjoy spending your time.
- Write a list of your most treasured values.
- Write a list of actions or activities you would miss most if unable to pursue them.
- Write a list of the most important relationships in your life: family, friends, colleagues, mentors, etc. *Write briefly about what these relationships mean to you and how you want to contribute to them.*
- Write a list of salient points to potentially include in your autobiography (*whether or not you ever write one*).



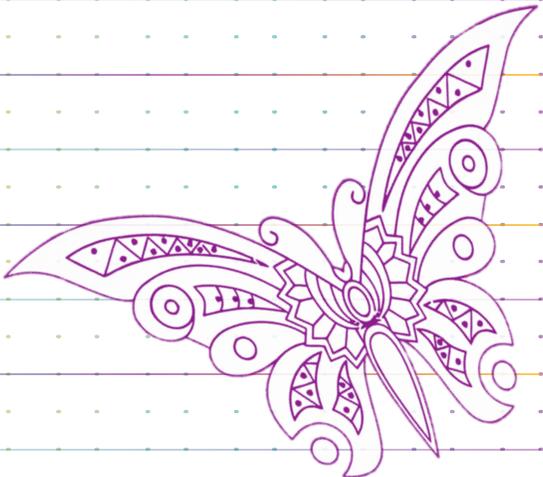
the things I most enjoy in life

Handwriting practice area consisting of 10 sets of horizontal lines. Each set includes a solid top line, a dashed midline, and a solid bottom line, with a row of small dots above the top line for letter height guidance.



my favorite accomplishments

A series of horizontal lines for writing, each set consisting of a top blue line, a middle red line, and a bottom blue line, with a row of small blue dots above the top line.



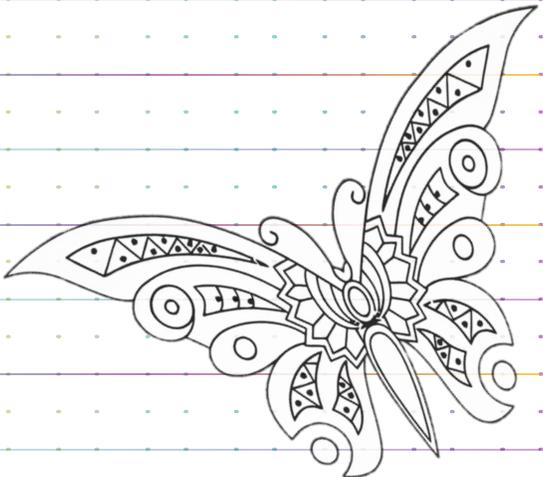
how I most enjoy spending my time

A series of horizontal lines for writing, each set consisting of a top blue line, a middle red line, and a bottom blue line, with a row of small dots between the top and middle lines.



my most treasured values

Handwriting practice area with 15 sets of horizontal lines. Each set consists of a top dotted line, a middle solid line, and a bottom dotted line. The lines are color-coded: purple for the top dotted line, yellow for the middle solid line, and blue for the bottom dotted line.



my favorite activities

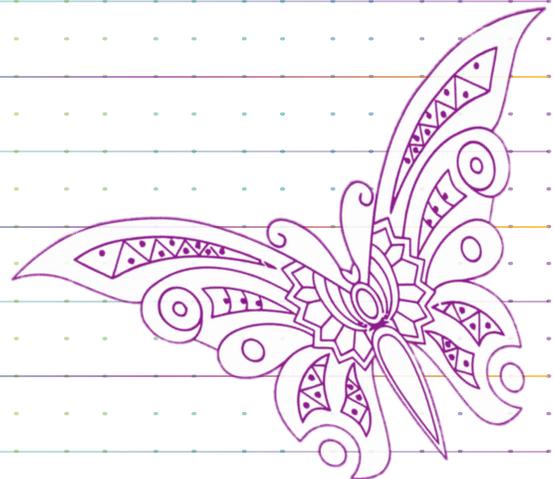
Handwriting practice area with 15 sets of horizontal lines. Each set consists of a top blue dotted line, a middle red solid line, and a bottom blue dotted line. The lines are spaced evenly down the page.



my most important **relationships:**

what they mean to me, and how I want to contribute to them

A series of horizontal lines for writing, each line set consisting of a top blue line, a middle red line, and a bottom blue line, with a row of small dots between the top and middle lines.



points to include in my autobiography

A series of horizontal lines for writing, each line set consisting of a top blue line, a middle red line, and a bottom green line, with small dots between the lines.



using clinical kinesiology to DEFINE YOUR *IKIGAI*

- Select several of the items you wrote down in the previous lists and **write them individually** on small slips of paper or on 3x5 cards.
- Drink a glass of **water** and be certain that your environment is **comfortable and peaceful**.
- Sit in a comfortable and **sturdy chair** for doing your self-testing. Have your 3x5 cards easily accessible to you, *but be sure to turn the cards facedown before you begin testing*.
- Perform an Indicator Muscle Test to **determine your base-line** strength by pushing on your dominant arm with your other hand. If you can easily resist moderate pressure, rest and then proceed. You can review instructions for the indicator muscle test on page 194 in *Your Aging Body Can Talk* or on page 18 in *Your Body Can Talk, 2nd Edition*.
- **Take one 3x5 card** and place it in your pocket or on your lap and **then test this activity** for compatibility in the same format as you used for the Indicator Muscle Test.
- If your body responds with a “**strong**” muscle test, you know that the potential activity or endeavor is compatible with your life’s purpose. It’s a keeper! Place it in a pile to further reference in determining your *ikigai*.
- If you find a “**weak**” muscle test, your arm is easily pushed downward; this factor is probably not currently a component or clue to your *ikigai*. Discard it, or put it aside. It will not be needed.
- When complete with each of your cards, **consider** the components that produced a strong or positive muscle test. Each of these likely is quite important to your inner being, and may be a clue to the formulation of your *ikigai*. **Reflect on these clues**, and use them to jumpstart the formulation of your *ikigai*.
- When you feel that you are close to having defined your life’s purpose, by all means **write it down and date it**.
- **Read and review your *ikigai* frequently** and feel free to **modify** as needed.