IKIGAI
FOR
CHILDREN

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Ikigai For Children

Editor: **Shalu Shukla**

PREFACE

My Ikigai Journey

Welcome, dear reader!

You're about to begin a wonderful journey to find something special — your **ikigai**, the reason that makes you happy every day.

Ikigai (pronounced ee-kee-guy) is a Japanese word that means "a reason for being." It's what makes you happy to wake up each day — doing something you love, something you're good at, and something that helps others.

What Ikigai Means for You

Everyone has an ikigai — even children! It could be painting, helping a friend, solving puzzles, caring for animals, or dreaming about the future. When you do what makes your heart smile, you're already living your ikigai.

Think of it like a small light inside you. The more you follow your joy, the brighter it shines.

How This Book Helps You

This book will gently guide you to discover what you love and who you are through:

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- **Inspiring short stories**
- **Simple reflections and questions**
- **Fun drawings and creative tasks**

You don't have to hurry. Take your time, think, draw, or write — every page is yours to explore.

The Journey Ahead

You'll move through a few simple steps:

- **What you love**
- **What you're good at**
- **What the world needs**
- **How you can share your gifts**

At the end, you'll connect these pieces to find your own Ikigai Map — a little guide to your purpose and joy.

A Note for Parents and Teachers

Dear grown-ups, thank you for joining in. Let children lead their discovery. Listen, encourage, and celebrate their small insights. Their ikigai will bloom best when they are free to imagine, explore, and be themselves.

Ready to Begin?

Now take a deep breath and smile.

Your ikigai may be hiding in your favorite game, a kind gesture, or a dream about tomorrow.

Follow your curiosity and let your light shine — the world needs it!

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