

Job Crafting for Ikigai

You do not need to change jobs to become more ikigai, writes Yukari Mitsuhashi (Mitsuhashi, 2018).

Instead, it is possible to *craft* your current role—making marginal changes to what and how it is performed—into one that benefits others and enables you to experience a sense of joy in what you do.

But first, it is essential to understand how you spend your time.

Keep a log of your activities on a typical day:

Who am I connecting with?							
Number of hours spent on the task							
How do I feel performing the task?							
Task description							
Date and Time							

It can surprise you to find out how your time is spent, and possibly a little disappointing.

- *Are you making connections with others or being passionate about what you are doing? Or are you caught in a mundane non-productive task?*
- *Can you change how much time you spend on tasks that are not rewarding, or vary them to be more engaging and fulfilling?*

What could you do to spend more time on the activities that appeal to you or crafting the others to make you feel happier, motivated, and interested?

Action description	Did it improve things, and in what way?	Are there further changes you could make? What are they? (also, add them to the bottom of this list)

The aim of job crafting is that, through ongoing experimentation, you find more creativity and enjoyment in what you are doing and strengthen your connections with others (Mitsubishi, 2018).

Small changes made over time can have a significant impact on your sense of fulfillment while moving you towards your ikigai.

References

- Mitsuhashi, Y. (2018). *Ikigai: Giving every day meaning and joy*. London: Kyle Books.