

## Review the Enemies of Ikigai

It is vital in coaching that you make the client aware that there are several enemies to finding and achieving ikigai (Tamashiro, 2019).

Working through the following fears can help the client become more aware of each one's negative impact.

### **Fear of failing**

What is the worst that can happen if you fail in your pursuit of ikigai?

Describe what you fear may happen:

What advice would you give a friend if they were describing their fear?

What steps can you put in place to reduce the chance of this happening?

Most likely, there is nothing to fear on the path to ikigai. Typically, the transformation is made gradually through a series of changes rather than a single leap.

The journey to ikigai is likely to leave you happier and more fulfilled.

### **Fear of success**

Surprisingly, the thought of success can be equally scary. How will my life look if I succeed and become more ikigai? Will it be recognizable?

Describe what you fear may happen:

What advice would you give a friend if they described that fear?

How might it change your life for the better?

It is crucial to remember that you are in control at all stages of the transformation.

## **Fear of what others will think**

We spend much of our lives worrying about what others think of us. Yet, do their thoughts really matter to us?

After all, loved ones will most likely be supportive, and they will see the positive changes in you and your relationship with them.

Describe what you fear may happen:

What advice would you give a friend if they described that fear?

What steps can you put in place to reduce the chance of this happening?

## Fear of discomfort

Change can be uncomfortable but is most likely temporary, while benefits are considerable and long-term.

The search for ikigai can be unclear and uncertain, but in the long-term worth the investment.

Describe what you fear may happen:

What advice would you give a friend if they were describing their fear?

What steps can you put in place to reduce the chance of this happening?

The act of naming, writing down, and sharing fears with others can be transformational.

Ask the client to keep the completed sheet and review it in a later session to see how much they have learned to control the fear.

## References

- Tamashiro, T. (2019). *How to ikigai: Lessons for finding happiness and living your life's purpose*. New Delhi: Wisdom Tree.

Dr. Jeremy Sutton