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CHALLENGE

- Figuring out and then pursuit of your Ikigai takes time, So let's begin our process of discovery together. One of the first steps you can take is to imagine an ideal day.
- Describe the day in detail. Map it out by asking the following:
 - How does your day begin?
 - Waking up (either at 7:30 or 8:20)
 - Clubs/studying (from when I wake up to 9:00)
 - Going to school (9:00-3:30)
 - Going to sports to run (cross country) (3:30-6:00)
 - Quick break (6:00-6:30)
 - Homework (6:30-8:30)
 - Dinner (8:30-9:00)
 - Finish up any homework/relax (9:00-10:30)
 - Get ready to sleep (10:30-11:30)
 - Sleep! (11:30)
 - Times often will vary from day to day
 - Where are you physically at the start and throughout?
 - 1. Home in my room
 - 2. On the bus to school
 - 3. At school
 - 4. Outside the school building but still on campus running
 - 5. On the bus back home
 - 6. Home!
 - Who are you with?
 - My friends (ex: at clubs, in class, at practice, etc.)
 - My family (in the morning, once I come home)
 - What are you doing? In terms of activities, focal areas, etc.
 - Studying and learning new things in class (our schedule changes every other day so we see new things every single period!)
 - Running (at cross country practice! We've recently been doing many long runs but we also do the occasional tempo run and track workout)
 - Eating (a big part for me, food gives me a lot of energy!)
 - Socializing (I love my friends and I am lucky enough to see them a lot in school! I often talk with them about what we are doing, our days, common interests, etc.)
 - How do you feel?
 - Relaxed and calm (just going throughout my day!)
 - Happy (ex: when with my friends)
 - Determined (ex: at practice, during a hard lesson, taking a test)
 - Are you particularly passionate about anything throughout the course of the day?
 - Learning new material! I am especially interested in my AP Chemistry class, I think the subject as a whole is very interesting! Being able to build off of our previous knowledge and go deeper into different subjects is fascinating and truly

a fun experience. I am also passionate about sports! It is something that, even if I am not the best at, I enjoy a lot and always make sure to keep on top of.

- Reflect on what you learned by doing this exercise:
 - What intersections did you discover?
 - Intersections between what I love and what I am good at
 - I love to learn new things and I am good at staying determined and focused. This results in a passion for the subject I am studying for and an urge to continue learning more about it!
 - Intersections between what I love and what the world needs
 - While the world already has a lot of love in it, it never hurts to continue adding to the pot of happiness and comfort. I can do this while also doing something that I enjoy doing, talking with my friends! It is something so simple and yet so amazing. I'm always smiling when I am around them and they really do make my days better and brighter.
 - What made you happiest during your day?
 - Seeing everyone around me smile and laugh. We are all going through our own personal problems and yet being able to talk with one another and just enjoy the present is always a highlight of my day. Seeing others around me happy is contagious and I often find myself smiling too!
 - What are three small steps you can take right now to begin to bring this ideal day to life, even in a small way?
 - 1. Make good friends - new friends, old friends, really just anyone with a good heart! Being able to connect with people is important, but it is also important to surround yourself with people who make you happy.
 - 2. Focus in school - By focusing, you can help yourself learn even more new concepts and theories. And by concentrating on what you are doing, you can help make sure that the work you hand in is of a high quality!
 - 3. Making sure to take breaks - by trying too hard to stick to a certain schedule, you can easily burn yourself out. Find a healthy balance between discipline and fun and make sure to take a few breaks for yourself every now and then. This will help make sure that you are feeling healthy and happy and will only benefit you!
- Close your eyes and envision yourself living that existence. Breathe. Smile. Let those emotions of alignment and joy run through you. Take a selfie and post it to Instagram with one emotion that you feel when thinking about living your purpose. Tag @TurningGreenOrg and #PGC2023. Let's inspire the world!

Selfie (group member tried it out!):



Caption:

Trying to find our ikigai isn't something that happens overnight. But this exercise of imagining your ideal day can certainly help speed up the process! Here we mapped out our ideal day, the focal areas of this ideal day, the different intersections we explored, and a few helpful steps to achieving this ideal day! A sense of tranquility washed over us when we were imagining this ideal day and we hope that you try it out too!

@TurningGreenOrg #PGC2023

Instagram Link:

https://www.instagram.com/p/CyqUAU7OsMp/?utm_source=ig_web_copy_link&igshid=MzRIODBiNWFIZA==

Instagram:

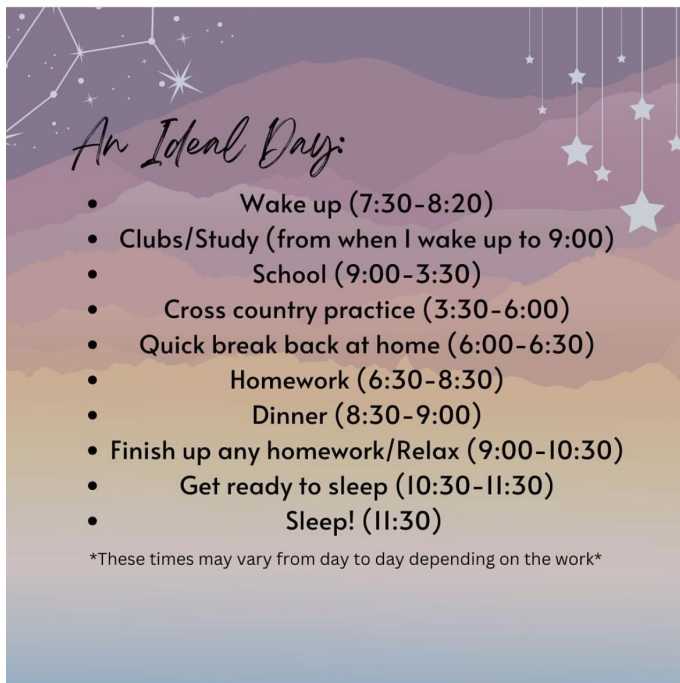


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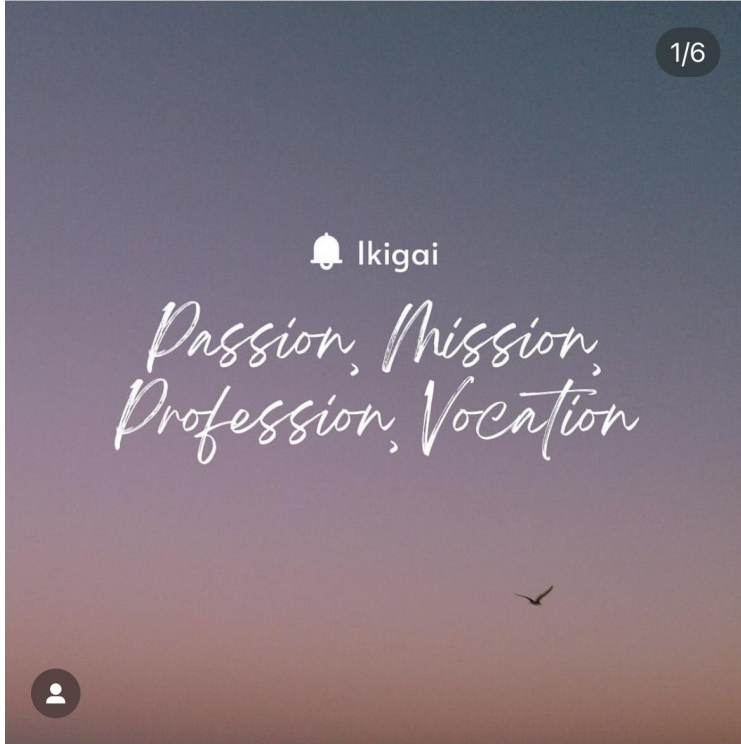


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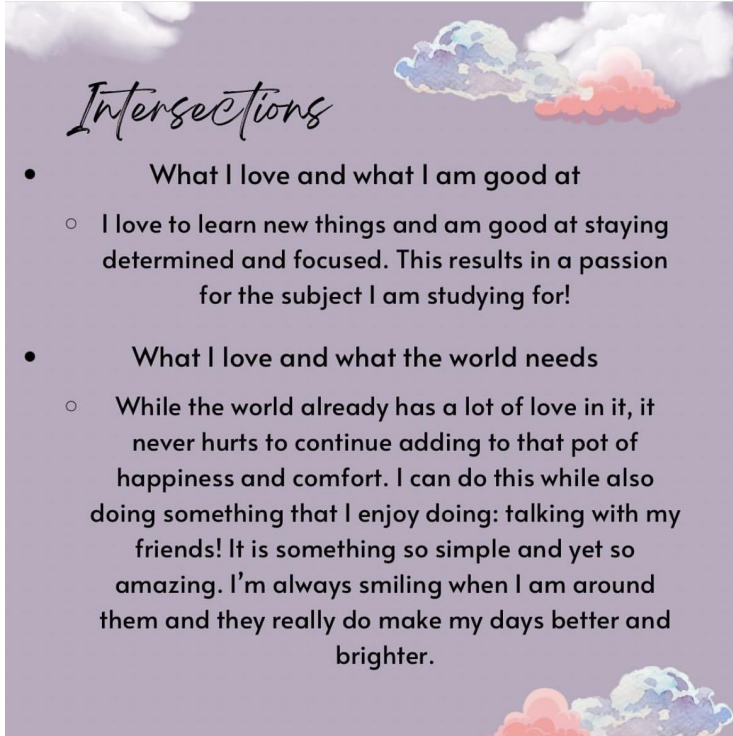


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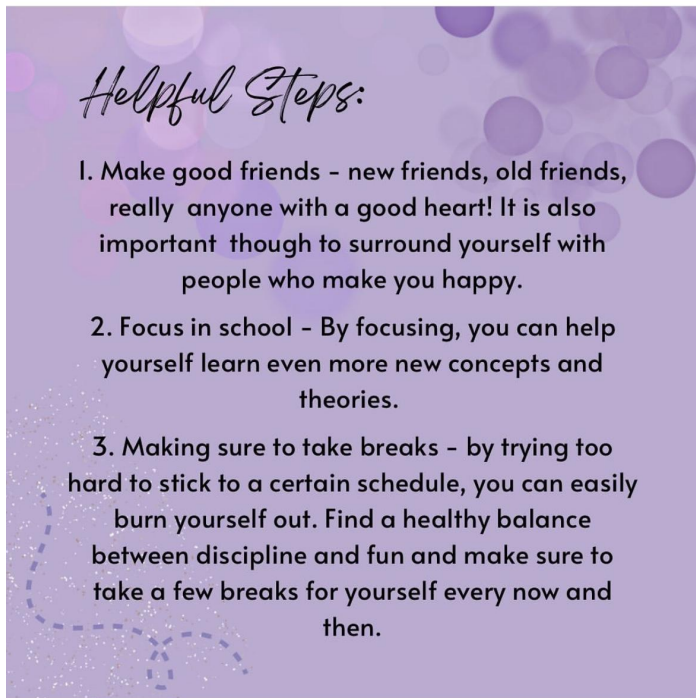
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