

Defining Purpose: Beginning the Ikigai Journey by Creating Your Ikiverse



David Marlow
The Ikigai Guy

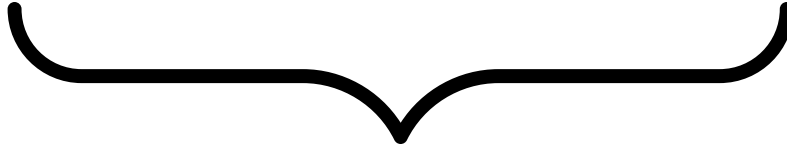


Creating the Verse

Initial List

5 Verbs

5 Values



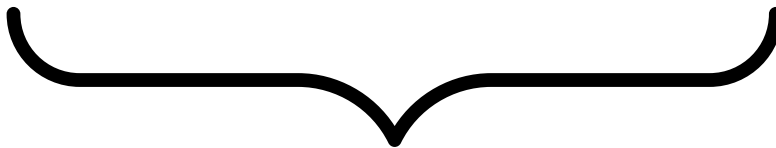
Use distinctions to narrow the list

References

<https://www.etymonline.com/>
<https://www.thefreedictionary.com/>
<https://www.thesaurus.com/>

3 Verbs

1 Value



Continue the distinctions process to refine list.

Finalize 3 verbs and one value.

Create verse

I _____, _____, and _____, (your three
verbs) _____, (your core value theme) _____,
the impact or people.

Example

I encourage, empower and enable people to be all they were meant to be.

The Three V Process

Creating your Ikiverse

Two list- Verb, Values

To live into our Ikigai/Purpose requires action, and action words are verbs.

Verbs Exercise: From the list pick out verbs from each column that most excite you. Feel free to add to the list verbs or forms of verbs if you think of any which more applicable. From that list, ultimately narrow your choices to three.

These are the action words that will help uncover your future activities.

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Exercise: Below is a list of verbs. Pick out at least three verbs from each column which most excite you. Feel free to add to the list verbs or forms of verbs if you think of any which more applicable. From that list of 18 (or more) ultimately narrow your choices to three. These are the action words which will help uncover your future activities.

accomplish	acquire	adopt	advance	affect	affirm
alleviate	amplify	appreciate	ascend	associate	believe
bestow	brighten	build	call	cause	choose
claim	collect	combine	command	communicate	compel
compete	complete	compliment	compose	conceive	confirm
connect	consider	construct	contact	continue	counsel
create	decide	defend	delight	deliver	demonstrate
devise	direct	discover	discuss	distribute	draft
dream	drive	educate	elect	embrace	encourage
endow	engage	engineer	enhance	enlighten	enlist
enliven	entertain	enthuse	evaluate	excite	explore
express	extend	facilitate	finance	forgive	foster
franchise	further	gather	generate	give	grant
heal	hold	host	identify	illuminate	implement
improve	improvise	inspire	integrate	involve	keep
know	labor	launch	lead	light	live
love	make	manifest	master	mature	measure
mediate	model	mold	motivate	move	negotiate
nurture	open	organize	pass	participate	perform
persuade	play	plan	possess	practice	praise
prepare	present	produce	progress	promise	promote
provide	pursue	realize	receive	reclaim	reduce
refine	reflect	reform	regard	relate	relax
release	rely	remember	renew	resonate	respect
restore	return	revise	sacrifice	safeguard	satisfy
save	sell	serve	share	speak	stand
summon	support	surrender	sustain	take	tap
team	touch	trade	translate	travel	understand
use	utilize	validate	value	venture	verbalize
volunteer	work	worship	write	yield	zest

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	work	worship	write	yield	zeal

The Three V Process

Creating your Ikiverse

Values Exercise

1. Determine your core values. From the list, choose and write down every core value that resonates with you. Do not overthink your selections. As you read through the list, simply write down the words that feel like a core value to you personally. If you think of a value you possess that is not on the list, be sure to write it down as well.

Ability	Abundance	Acceptance
Accomplishment	Achievement	Adaptability
Adventure	Affection	Affluence
Alertness	Ambition	Anticipation
Appreciation	Approachability	Artfulness
Assertiveness	Assurance	Attentiveness
Audacity	Availability	Awareness
Awe	Balance	Beauty
Belongness	Belongingness	Benevolence
Blissfulness	Boldness	Bravery
Brightness	Bribeless	Bucocracy
Calmness	Comaraderie	Candor

2. Group all similar values together from the list of values you just created. Group them in a way that makes sense to you, personally. Create a maximum of five groupings. If you have more than five groupings, drop those least important. See the example below.

Abundance Growth Wealth Security Freedom Independence Flexibility Peace	Acceptance Compassion Inclusiveness Intuition Kindness Love Making a Difference Open-Mindedness Trustworthiness Relationships	Appreciation Encouragement Thankfulness Thoughtfulness Mindfulness	Balance Health Personal Development Spirituality Well-being	Cheerfulness Fun Happiness Humor Inspiration Joy Optimism Playfulness
--	--	--	---	--

3. Choose one word within each grouping that best represents the label for the entire group. Again, do not overthink your labels. There are no right or wrong answers. You are defining the answer that is right for you. See the example below – the label chosen for the grouping is bolded.

Abundance Growth Wealth Security Freedom Independence Flexibility Peace	Acceptance Compassion Inclusiveness Intuition Kindness Love Making a Difference Open-Mindedness Trustworthiness Relationships	Appreciation Encouragement Thankfulness Thoughtfulness Mindfulness	Balance Health Personal Development Spirituality Well-being	Cheerfulness Fun Happiness Humor Inspiration Joy Optimism Playfulness
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Example

VALUES EXERCISE

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Example

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Wealth
Security
Freedom
Independence
Flexibility
Peace

Acceptance
Compassion
Inclusiveness
Intuition
Kindness
Love
Making a Difference
Open-Mindedness
Trustworthiness
Relationships

Appreciation
Encouragement
Thankfulness
Thoughtfulness
Mindfulness

Balance
Health
Personal Development
Spirituality
Well-being

Cheerfulness
Fun
Happiness
Humor
Inspiration
Joy
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Spirituality
Well-being

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Happiness
Humor
Inspiration
Joy
Optimism
Playfulness

Ikiiverse Worksheet

**Use the three verbs and one value
and begin to create a sentence**

I _____, _____, and _____, (your three
verbs) _____, (your core value theme) _____,
the impact or people.

Verbs

Value

Verse

I _____, _____, and _____,
_____, _____.

Create verse

Using the three verbs and one
value and begin to create a
sentence

I _____, _____, and _____, (your three
verbs) _____, (your core value theme) _____,
the impact or people.

Play with the value theme and who is impacted
by your verse.

Here is an example where the verbs are
encourage, empower, and enable, and the
value is integrity. Integrity in the sense of an
integrated life.

Example

I encourage, empower and enable people to be all
they were meant to be.

Create verse

Using the three verbs and one
value and begin to create a
sentence

I _____, _____, and _____, (your three
verbs) _____, (your core value theme) _____,
the impact or people.

Example

I encourage, empower and enable people to be all they were meant to be.

I _____, _____, and _____,
_____, _____.

I _____, _____, and _____,
_____, _____.

I _____, _____, and _____,
_____, _____.

I _____, _____, and _____,
_____, _____.

I _____, _____, and _____,
_____, _____.

Refining your Ikiverse

Use distinction work to refine and enrich your verse.

Distinction work involves exploring the deeper meaning of words by examining their definitions, synonyms, and roots.

This process consists of delving into the nuances of language to understand the subtle differences between similar words better and identify the underlying concepts and ideas that a particular word represents.

By understanding the origin and history of a word, and its various connotations and associations, one can gain a deeper appreciation of the richness and complexity of the word.

Ultimately, distinction work allows one to unlock the full potential of language and to use it as a powerful tool to create your Ikiverse.

On the next page is an example of how I went deeper on the meaning of 'encourage' in my own verse.

References to narrow or refine the verbs/values

<https://www.etymonline.com/>

<https://www.thefreedictionary.com/>

<https://www.thesaurus.com/>



"CITE"

encourage

Also found in: [Thesaurus](#), [Medical](#), [Idioms](#), [Wikipedia](#).

en·cour·age (ĕn·kûr'ij, -kûr-)

tr.v. en·cour·aged, en·cour·ag·ing, en·cour·ag·es

1. To inspire with hope, courage, or confidence.
2. To give support to; foster: *policies designed to encourage private investment.*
3. To stimulate; spur: *burning the field to encourage new plant growth.*

[Middle English encouragen, from Old French encouragier : en-, *causative pref.*; see en-¹ + corage, *courage*; see *courage*.]

en·cour'ag·er *n.*

Synonyms: encourage, cheer, embolden, hearten, inspire

These verbs mean to impart courage, inspiration, and resolution to: *encouraged the patient not to give up hope; cheered the contestants on; was emboldened to sing for the guests; was heartened by the test results; were inspired by their initial success to take the next step.*

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encourage (In 'kʌrɪdʒ)

vb (tr)


1. to inspire (someone) with the courage or confidence (to do something)
2. to stimulate (something or someone to do something) by approval or help; support

en'couragement *n*

en'courager *n*

en'couraging *adj*

en'couragingly *adv*

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en·cour·age (ɛn'kʌr ɪdʒ, -'kʌr-)

v.t. -aged, -ag·ing.

1. to inspire with courage, spirit, or confidence.
2. to stimulate by guidance, approval, etc.
3. to promote; foster.

encourage

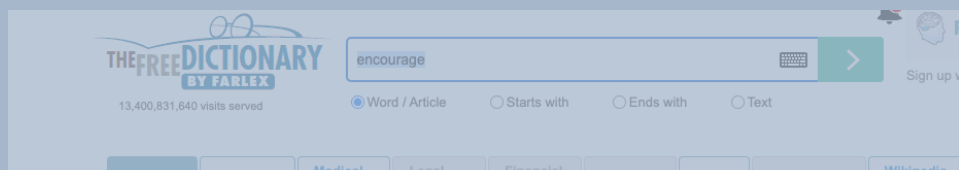
verb

1.  inspire, comfort, rally, cheer, stimulate, reassure, animate, console, rouse, hearten, cheer up, embolden, buoy up, pep up, boost someone's morale, give hope to, buck up (informal), gee up, lift the spirits of, give support, spur, encourage, inspire, inspire When things aren't going well, he always encourages me. depress, discourage, dishearten, dispirit
2.  urge, persuade, prompt, spur, coax, incite, egg on, abet He encouraged her to quit her job. urge ≠ prevent, scare, intimidate, deter, inhibit, daunt, hinder, dissuade, throw cold water on (informal)
3.  promote, back, help, support, increase, further, aid, forward, advance, favour, boost, strengthen, foster, advocate, stimulate, endorse, commend, succour Their task is to encourage private investment in Russia. promote ≠ prevent, inhibit, hinder, retard, throw cold water on (informal)

Flashcard

Please [log](#)

Bookmarks



inspirit

Also found in: [Thesaurus](#), [Wikipedia](#).

in·spir·it (ĭn-spīr'it)

tr.v. in·spir·it·ed, in·spir·it·ing, in·spir·its

To instill courage or life into.



in·spir'it·ing·ly *adv.*

2. to stimulate (something or someone to do something) by approval or help; support
en'couragement *n*
en'courager *n*
en'couraging *adj*
en'couragingly *adv*
"CITE"  Collins English Dictionary – Complete and Unabridged, 12th Edition 2014 © HarperCollins Publishers 1991, 1994, 1998, 2000, 2003, 2006, 2007, 2009, 2011, 2014

in•spir•it (In'spɪr it)

v.t.

to infuse spirit or life into; enliven.

3.  promote, back, help, support, increase, further, aid, forward, advance, favour, boost, strengthen, foster, advocate, stimulate, endorse, commend, succour *Their task is to encourage private investment in Russia.*
promote  prevent, inhibit, hinder, retard, throw cold water on *(informal)*

