

**“Ikigai doesn’t need to be lofty or complicated, and it’s better not to stress about it. Ikigai is largely just the activity that will blissfully keep you busy until the end of your days.”**

**David G. Allan,**

“Do what you love and live longer, the Japanese ikigai philosophy says,” CNN, 2018

**Quote**

**I plant my own  
vegetables and  
cook them  
myself.**

**Getting  
together with  
friends.**

**Making art  
through bead  
work.**

**Helping build  
out the  
promise of  
988.**