

Participant's Name _____

Age: _____

Gender: M • F

In Japan, the word Ikigai is used in our daily lives and in our usual conversations. It is considered, that Ikigai is “a sense of being alive now and individual’s consciousness as a motive to live”. Ikigai is the way your mind works to integrate the two aspects of Ikigai, one is “the object of ikigai” and the other is “the feeling of Ikigai”.

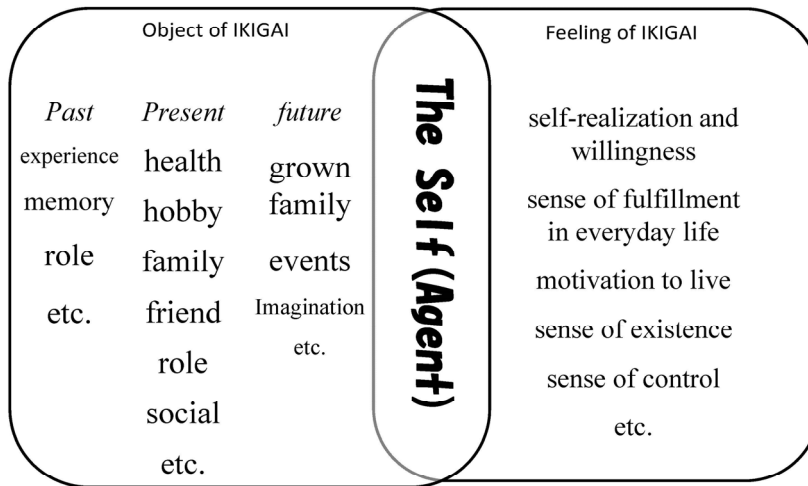


Fig.1 : Constituent elements of “Ikigai”(Hasegawa,etal.,2001)
"Ikigai" can be defined as "a sense of being alive now, an individual's consciousness as a motive to live."
"IKIGAI" is work of the mind which integrated an "object of IKIGAI" and "Feeling of IKIGAI".

A Please freely fill in the following blank to complete the sentences.

| |
|---|
| a. My Ikigai is (_____). |
| b. When I think about Ikigai, I feel (_____). |

B How strong is your feeling of Ikigai? Please indicate by circling one number in the following scale of 1 to 7, where 1 being “no at all” and 7 being “strong” (please circle only one number).

| | | | | | | | |
|------------|---|---|---|---|---|---|--------|
| not at all | | | | | | | strong |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | |

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C Please answer regarding your present feeling about your Ikigai.

When we think of Ikigai, we consider not only how you feel the matters which are presently taking place but we further consider how you feel the matters which may take place in the future looking ahead in the future from the present time and how you feel the matters which took place in the past looking back in the past from the present time. For each of the following items, please indicate the level in which the item may be your Ikigai by choosing one number in the scale of 1 to 4, where: **1. = not at all** **2. = not so much** **3. = tend to be** **4. = is my Ikigai.**

Further, please write the specific object in the parenthesis.

*There are 24 items listed below, please answer with regards to all of the items and do not skip.

| | | 4 | 3 | 2 | 1 |
|------|--|---------------------|-------------------|--------------------|-------------------|
| | | <i>is my Ikigai</i> | <i>tend to be</i> | <i>not so much</i> | <i>not at all</i> |
| (1) | Partner | 4 | 3 | 2 | 1 |
| (2) | Children | 4 | 3 | 2 | 1 |
| (3) | Grand children | 4 | 3 | 2 | 1 |
| (4) | Other members of family and relatives (Who in particular?→) | 4 | 3 | 2 | 1 |
| (5) | Friends | 4 | 3 | 2 | 1 |
| (6) | Health (Who's health?→) | 4 | 3 | 2 | 1 |
| (7) | Hobby (In particular→) | 4 | 3 | 2 | 1 |
| (8) | Work (In particular →) | 4 | 3 | 2 | 1 |
| (9) | Your role in the family (In particular →) | 4 | 3 | 2 | 1 |
| (10) | Your role in the society (In particular→) | 4 | 3 | 2 | 1 |
| (11) | Your condition in the past | 4 | 3 | 2 | 1 |
| (12) | Partner's condition in the past | 4 | 3 | 2 | 1 |
| (13) | Parents' condition in the past | 4 | 3 | 2 | 1 |
| (14) | Children's condition in the past | 4 | 3 | 2 | 1 |
| (15) | Grand children's condition in the past | 4 | 3 | 2 | 1 |
| (16) | Brothers and sisters' condition in the past | 4 | 3 | 2 | 1 |
| (17) | Friends' condition is the past | 4 | 3 | 2 | 1 |
| (18) | Your condition in the future | 4 | 3 | 2 | 1 |
| (19) | Partner's condition in the future | 4 | 3 | 2 | 1 |
| (20) | Children's condition in the future | 4 | 3 | 2 | 1 |
| (21) | Grand children's condition in the future | 4 | 3 | 2 | 1 |
| (22) | Brothers and sisters' condition in the future | 4 | 3 | 2 | 1 |
| (23) | Friends' condition is the future | 4 | 3 | 2 | 1 |
| (24) | Your role in the future (In particular→) | 4 | 3 | 2 | 1 |

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D With respect to your Ikigai, what kind of feeling occurs inside of you? Please indicate whether each of the following feelings occur within you by circling one number on the scale of 0 to 2 where; **0. = does not occur, 1. = cannot say, 2. = occurs.**

| | 2 | 1 | 0 |
|--|--------|------------|----------------|
| | occurs | cannot say | does not occur |
| ① I have a role within or outside my family. | 2 | 1 | 0 |
| ② Time passes by vaguely of habit every day. | 2 | 1 | 0 |
| ③ I have something to believe in and something that encourages | 2 | 1 | 0 |
| ④ Sometimes, I feel empty and meaningless about everything. | 2 | 1 | 0 |
| ⑤ Sometimes, I feel that I still have something that I want to do. | 2 | 1 | 0 |
| ⑥ Sometimes, I feel that I have improved. | 2 | 1 | 0 |
| ⑦ Sometimes, I feel that my presence is needed here. | 2 | 1 | 0 |
| ⑧ I feel that my life is interesting and exciting. | 2 | 1 | 0 |
| ⑨ Sometimes, I don't know for what I am existing. | 2 | 1 | 0 |
| ⑩ I feel that I am useful to the world and to my family. | 2 | 1 | 0 |
| ⑪ I want to see more how the world will change. | 2 | 1 | 0 |
| ⑫ Sometimes, I don't know what I should do today. | 2 | 1 | 0 |
| ⑬ I feel that I cannot die today. | 2 | 1 | 0 |
| ⑭ Sometimes, I feel that I am positively recognized and evaluated | 2 | 1 | 0 |
| ⑮ Sometimes, I feel that I have accomplished something. | 2 | 1 | 0 |
| ⑯ I am relied on and highly expected from my family and others. | 2 | 1 | 0 |

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E Please tell us how you feel in your daily life.

Please choose one of the right side 5 to 1 and circle.

| 5 | 4 | 3 | 2 | 1 |
|--------------------------------------|---|---|---|---|
| <i>Applies to me a lot</i> | | | | |
| <i>Applies to me</i> | | | | |
| <i>Applies to me somewhat</i> | | | | |
| <i>Does not apply to me a little</i> | | | | |
| <i>Does not apply to me</i> | | | | |

| | | | | | | |
|-----|--|---|---|---|---|---|
| (1) | I often feel that I am happy. | 5 | 4 | 3 | 2 | 1 |
| (2) | I would like to learn something new or start something. | 5 | 4 | 3 | 2 | 1 |
| (3) | I feel that I am contributing to someone or the society. | 5 | 4 | 3 | 2 | 1 |
| (4) | I have room in my mind. | 5 | 4 | 3 | 2 | 1 |
| (5) | I am interested in many things. | 5 | 4 | 3 | 2 | 1 |
| (6) | I think that my existence is needed by something or someone. | 5 | 4 | 3 | 2 | 1 |
| (7) | My life is mentally rich and fulfilled. | 5 | 4 | 3 | 2 | 1 |
| (8) | I would like to develop myself. | 5 | 4 | 3 | 2 | 1 |
| (9) | I believe that I have some impact on someone. | 5 | 4 | 3 | 2 | 1 |

This will be the end of the questionnaire.
Thank you very much for your participation.

F Please answer regarding your feeling about Ikigai.

When you reflect and think about your daily life, we would like you to consider the following:

- how you feel about matters which are presently taking place
- how you feel about matters which may take place in the future
- how you feel about matters which took place in the past

For each of the different stages in your life, please indicate the option that best describes how you feel, given the following: For each of the following items, please indicate the level in which the item may be your Ikigai by choosing one number in the scale of 1 to 5, where: **1. = Feel terrible** **2. = Not so good** **3. = Mixed feelings** **4. = Feel good** **5. = Feel great**

*There are 8 by 3 items listed below, please answer with regards to all of the items and do not skip.

| | 5 | 4 | 3 | 2 | 1 |
|----------------|---|---|---|---|---|
| Feel great | | | | | |
| Feel good | | | | | |
| Mixed feelings | | | | | |
| Not so good | | | | | |
| Feel terrible | | | | | |

| a) Before 2 weeks from now in past | | 5 | 4 | 3 | 2 | 1 |
|------------------------------------|----------------------------|---|---|---|---|---|
| (1) | Myself | 5 | 4 | 3 | 2 | 1 |
| (2) | My Family | 5 | 4 | 3 | 2 | 1 |
| (3) | My Friends | 5 | 4 | 3 | 2 | 1 |
| (4) | My Work | 5 | 4 | 3 | 2 | 1 |
| (5) | My Health | 5 | 4 | 3 | 2 | 1 |
| (6) | My Hobbies | 5 | 4 | 3 | 2 | 1 |
| (7) | My Role(s) at Home/Family | 5 | 4 | 3 | 2 | 1 |
| (8) | My Role(s) at Work/Society | 5 | 4 | 3 | 2 | 1 |

| b) Present, here and now | | 5 | 4 | 3 | 2 | 1 |
|--------------------------|----------------------------|---|---|---|---|---|
| (1) | Myself | 5 | 4 | 3 | 2 | 1 |
| (2) | My Family | 5 | 4 | 3 | 2 | 1 |
| (3) | My Friends | 5 | 4 | 3 | 2 | 1 |
| (4) | My Work | 5 | 4 | 3 | 2 | 1 |
| (5) | My Health | 5 | 4 | 3 | 2 | 1 |
| (6) | My Hobbies | 5 | 4 | 3 | 2 | 1 |
| (7) | My Role(s) at Home/Family | 5 | 4 | 3 | 2 | 1 |
| (8) | My Role(s) at Work/Society | 5 | 4 | 3 | 2 | 1 |

| c) From now in future till around a month | | 5 | 4 | 3 | 2 | 1 |
|---|----------------------------|---|---|---|---|---|
| (1) | Myself | 5 | 4 | 3 | 2 | 1 |
| (2) | My Family | 5 | 4 | 3 | 2 | 1 |
| (3) | My Friends | 5 | 4 | 3 | 2 | 1 |
| (4) | My Work | 5 | 4 | 3 | 2 | 1 |
| (5) | My Health | 5 | 4 | 3 | 2 | 1 |
| (6) | My Hobbies | 5 | 4 | 3 | 2 | 1 |
| (7) | My Role(s) at Home/Family | 5 | 4 | 3 | 2 | 1 |
| (8) | My Role(s) at Work/Society | 5 | 4 | 3 | 2 | 1 |

This will be the end of the questionnaire.
Thank you very much for your participation.