

# a few notes

Topic: Ikigai



## Daily Envision Employee Check-in

Hosted by Dr. Stefanie Simmons

Ikigai translates to "reason for being". In today's employee check-in, we discuss Ikigai which is above all else, a lifestyle that strives to balance the spiritual with the practical. This balance is found at the intersection where your passion and talents converge with the things that the world needs and is willing to pay for. To discover your Ikigai, you must first find what you're most passionate about. Then, you find the medium through which you can express that passion.

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