

Ikigai

by Héctor García, Francesc Miralles

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Map your four ikigai quadrants**

Draw four overlapping circles: What do you love? What are you good at? What does the world need? What can you be paid for? Find the intersection.

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⁰² **Find your morning reason**

Garcia and Miralles: every morning, ask: why am I getting up today? If you can't answer it, something needs to change.

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⁰³ **Move daily, however gently**

Buettner: walk, garden, or move your body in some way daily. The Blue Zone data on physical activity is unambiguous.

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⁰⁴ **Eat until 80% full**

Garcia and Miralles: hara hachi bu. Before the meal, decide what 80% full feels like. Then stop there. Practice until it becomes natural.

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⁰⁵ **Build social rituals**

Buettner: regular social connection - meals, gatherings, belonging - is the most consistent longevity predictor. Prioritize it.

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⁰⁶ **Practice daily purpose alignment**

Garcia and Miralles: each evening, ask: did I spend today doing something aligned with my ikigai? Even 30 minutes counts.