



IKIGUIDE PLAYLISTS

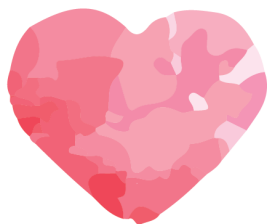
FIND THE RIGHT WORK-LIFE BALANCE

Sometimes when work takes over and our lives get skewed a certain way, we start to lose clarity, momentum, feel stuck or just off-centre.

This playlist will help you bring joy to your every day, build simple habits, discover and find things that feel authentic to you.

Our users spend time on this after work and over a weekend morning over some light music (and sometimes with essential oils or candles). Find your own way to bring Hygge and enjoy this journey.

Find the respective cards in your deck and get cracking. See what patterns emerge for you in the end and reach out to us at hello@theikiguide.com - we will help you shape your journey



THE HEART

1. Tennis Ball

2. Hate

3. Ratio

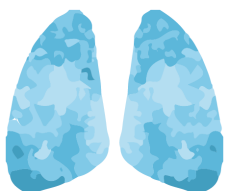


THE SOUL

4. Feel Lighter

5. Future Self

6. Listen to your Soul



THE LUNGS

7. Issue Speak Up

8. Tribes

9. Naturally Curious



THE HANDS

10. Engineer Serendipity

11. Your Squad

12. Tiny Habits



13. Cheerleader

14. Dive-In
