

8 Japanese Techniques to Overcome Laziness



1. Ikigai

- Discover your purpose in life.
Determine the reason you wake up each morning.
- Choose something that aligns with your strengths, passions, and the needs of the world.
- This is what gives life meaning.



2. Kaizen

- Focus on small improvements every day.
- You don't have to do everything at once, just aim to make progress little by little.



3. Pomodoro Technique

- **Work for 25 minutes, take a break for 5, then repeat. This helps you stay focused and avoid burnout.**
- **It's a game-changer for productivity!**



4. Hara Hachi Bu

- Don't stuff yourself!
- Eat until you're 80% full and you'll feel more energized throughout the day.
- Plus, you won't have to unbutton your pants after lunch



5. Shoshin

- Approach tasks with a beginner's mindset. Don't worry about being perfect or having all the answers -
- just be open to learning and trying new things.



6. Wabi-sabi

- Embrace imperfection!
- Instead of stressing over every little detail, focus on what's important and find beauty in simplicity.
- Done is better than perfect, so go ahead and take action!



7. Forest Bathing

- Spend time in nature!
- It's scientifically proven to reduce stress and improve your mood.
- Take a walk in the park, breathe in fresh air, and let nature recharge you.



8. Kakeibo

- **Make a budget and stick to it.**
- **When you have your finances in order, you'll feel less stressed and more motivated to tackle your other goals.**