



# 5 Japanese techniques to improve your life

@blake\_bookclub



## **1. Hara Hachi Bu**

This means to stop eating after you're 80% full. Eating too much brings lethargy to our mind and body.



## 2. IKIGAI

It means having a purpose in life.  
The reason you wake up each morning.

### 4 Rules of IKIGAI:

- Do what you love
- Do what you're good at
- Do what the world needs
- Do what you can be paid for



### **3. Wabi-Sabi**

This means that instead of perfection, one should find beautify in imperfection.



## 4. Kaizen

This means focusing on **small improvements** every day. Trying to become 1% better every day.



## 5. Shinrin-yoku

Shinrin in Japanese means “forest”, and yoku means “bath”. It basically means that one should spend more time with nature.