



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 beauty 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**.