

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.

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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

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

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4. Kaizen

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

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5. Shinrin-yoku

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

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