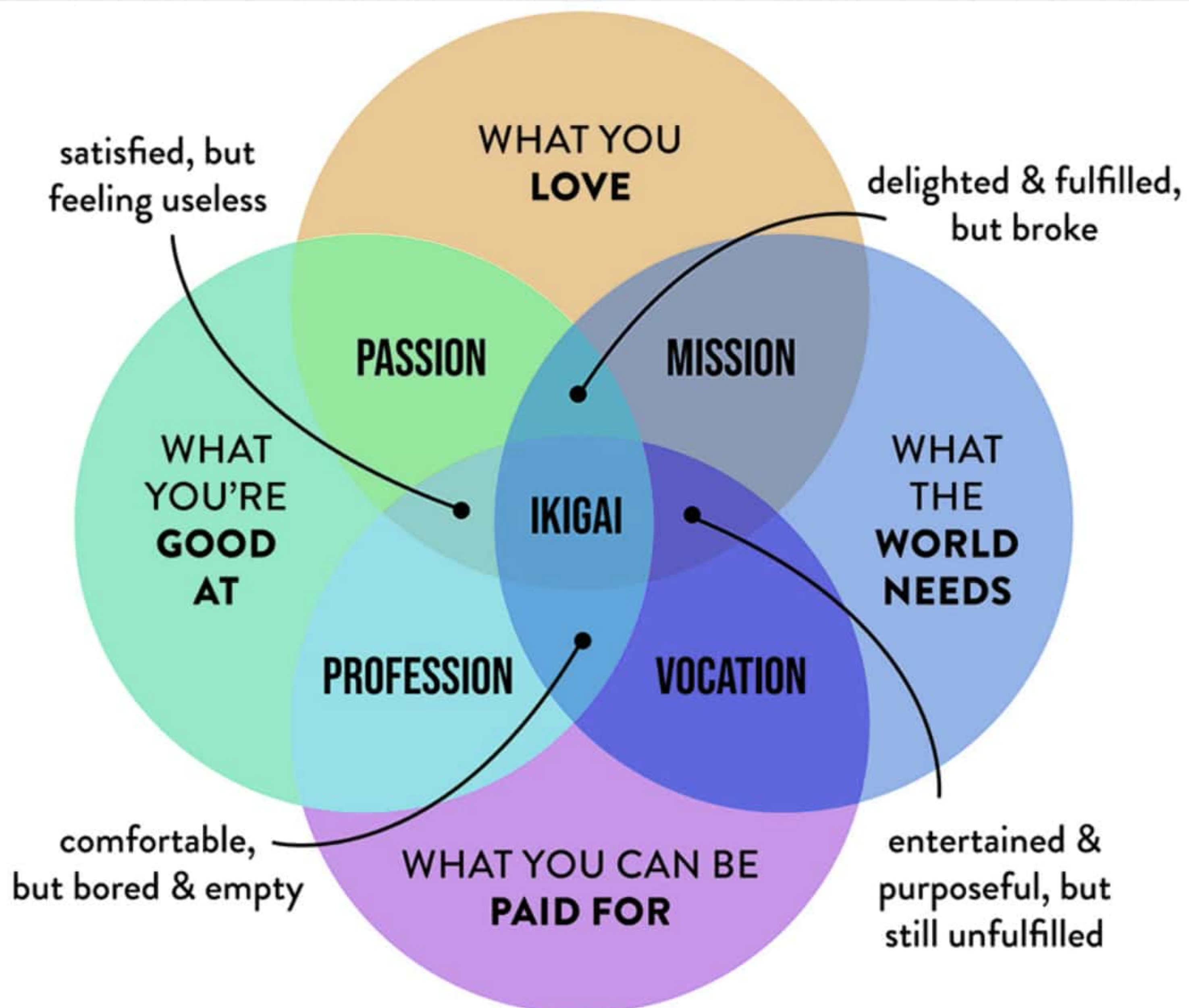


8 Japanese Techniques to Overcome Laziness

@MINDSET4_LIFE



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.

@MINDSET4_LIFE

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**.

@MINDSET4_LIFE

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!

@MINDSET4_LIFE

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

@MINDSET4_LIFE

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.

@MINDSET4_LIFE

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!**

@MINDSET4_LIFE

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.

@MINDSET4_LIFE

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.

@MINDSET4_LIFE



**Connect / Follow :
Ravi Mishra**