



# **9 MUST KNOW JAPANESE CONCEPTS THAT WILL IMPROVE YOUR LIFE:**

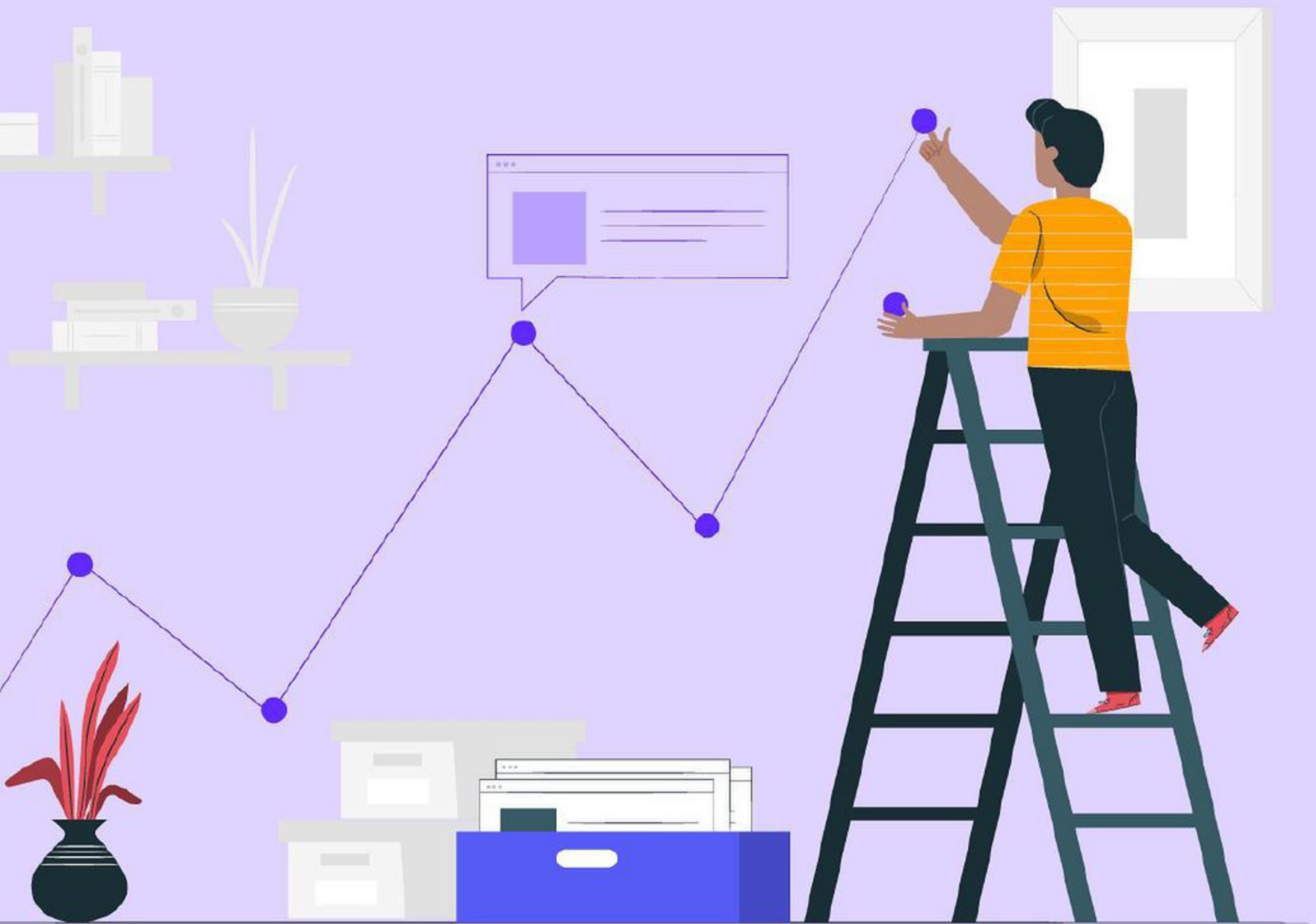
(Sometimes we just don't have the  
words)





## 1. OUBAITORI

Never **compare yourself**. Everyone blossoms in their own time in different ways. Don't judge yourself by **someone else's path**.



## 2. KAIZEN

**Continuously improve.** Constantly strive to improve across all areas of your life. Small changes accumulate and make all the difference.





### **3. WABI-SABI**

#### **Embrace Imperfection.**

Nothing lasts, nothing is complete. Accept your own flaws and those of others. Find beauty in imperfection.





## **4. GAMAN**

**Have dignity during duress.**

Hard times need to be met with emotional maturity and self-control. We need patience, perseverance, + tolerance.





## **5. IKIGAI**

**Know your reason for being.**

Define the reason you get up in the morning. Make it something you are good at, passionate about, and that the world needs. THIS is meaning.





## **6. SHIKITA GA NAI**

**Accept and let go.**

Some things simply aren't within our control. Accept what you cannot change, and move on.





## 7. SHU-HA-RI

"When the **student is ready** the teacher will **appear**. When the student is truly ready... The teacher will Disappear."

Tao Te Ching

It is a way of thinking about how to learn and master a technique. There are **3 stages to acquiring knowledge**:



- **Shu:** learn the **basics** by following the teaching of one master. Imitating the work of great masters also falls in this stage.
- **Ha:** start **experimenting**, learn from masters, and integrate the learning into the practice.
- **Ri:** This stage focuses on **innovation** and adapting the learning to different situations.