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7 Japanese concepts you can apply to your life (right now):





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1. Kintsugi (金継ぎ)

Repairing cracked pottery with gold

Lessons:

- Our imperfections are often the things that make us beautiful.
- No matter how broken things may seem, you can always put the pieces back together.



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2. Kaizen (改善)

A principle of continuous improvement

Lessons:

- Set small, achievable goals—don't try to do everything all at once.
- 1% better each day for one year
= 37 times better



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3. Hara Hachi Bu (腹八分目)

Eat until you're 80% full

Lessons:

- Slow down, savor your food—let your body tell you when it's time to stop.
- A smart technique to avoid overeating and unnecessary weight gain.



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4. Oubaitori (桜梅桃李)

Don't compare yourself to others

Lessons:

- Four trees that bloom in spring: cherry blossoms, peach, plum, and apricot. Each flower blooms in its own time.
- Embrace your own unique timeline. Don't let your family, friends or Instagram feed make you feel behind in life.



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5. Ikigai (生き甲斐)

A reason for being

Lessons:

- Find the thing that makes you want to jump out of bed in the morning.
- Ideally something you're good at, passionate about, and that helps the world.



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6. Gaman (我慢)

Keep your dignity during distress

Lessons:

- Meet hard times with patience and perseverance.
- "The ability to stay calm during conflict is a superpower."



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7. Shikata ga nai (仕方がない)

Let go of what you cannot change

Lessons:

- Focus only on the things you can control.
- Don't be upset when reality doesn't match your expectations.



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Repost this if you learned something.