

# **10 JAPANESE CONCEPTS THAT WILL IMPROVE YOUR LIFE**

# 1. OUBAITORI

*Never compare yourself.*



Everyone blossoms in their own time in different ways.

# 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. MOTTAINAI

*Don't be wasteful.*



Everything deserves respect and gratitude. Recognize the value in what's around you and don't waste it.

# 5. GAMAN

*Have dignity during duress.*



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

# 6. YUUGEN

*Appreciate mysterious beauty.*



Often we FEEL the beauty in an object without it being stunning to look at. Discover subtle beauty beyond aesthetics. Experience something words cannot describe.

# 7. IKIGAI

*Know your reason for being.*

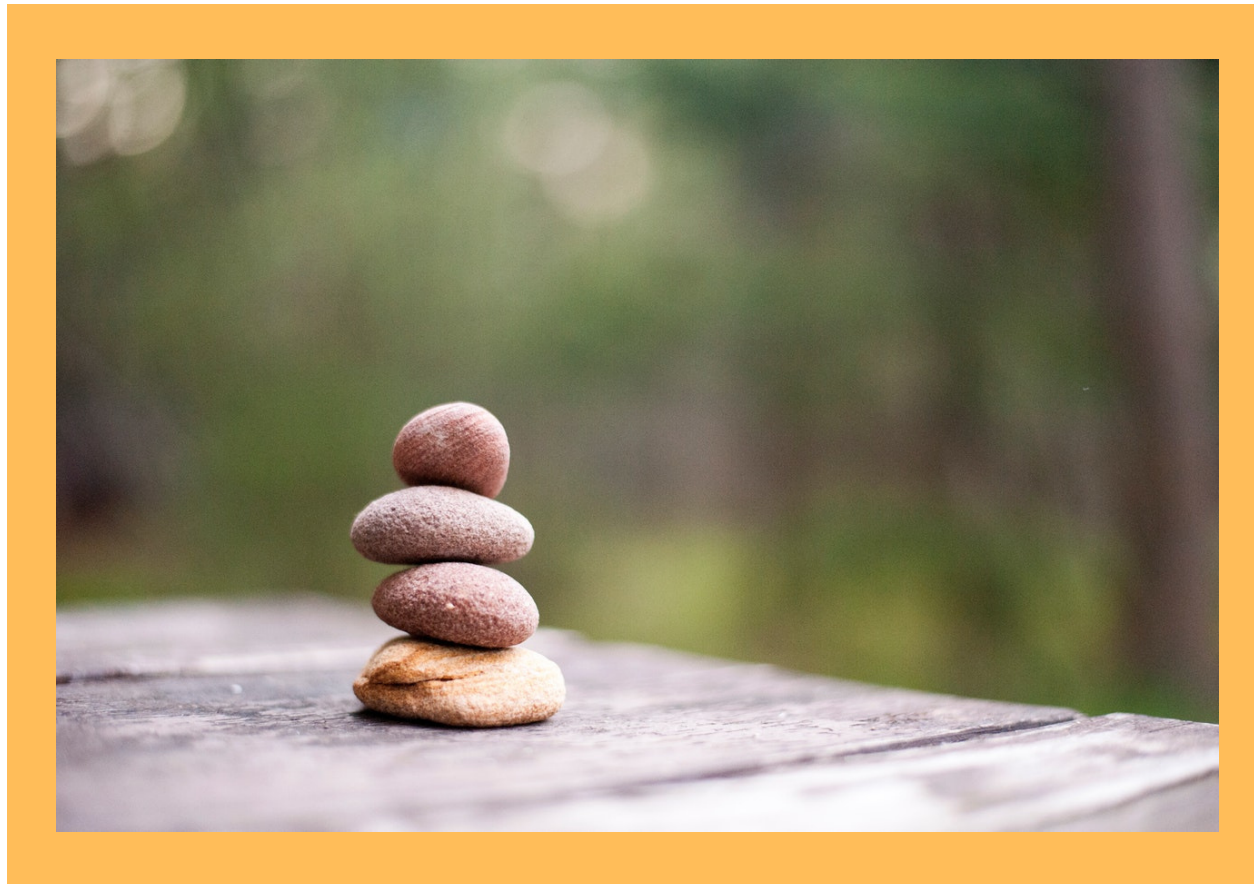


Define the reason you get up in the morning. Make it something you are good at, passionate about, and that the world needs.



# 8. SHIKATA GA NAI

*Accept and let go.*



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

# 9. KINTSUGI

*Repair cracks with gold.*



Imperfections are a thing of beauty.  
The journeys we all take are golden.  
Our flaws are embellishments that  
make us more beautiful.

# 10. OMOIYARI

*Show consideration for others.*



Life is better when we care for others. Be thoughtful. Build compassion.

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more about our *talks*,  
*workshops* and *coaching*  
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