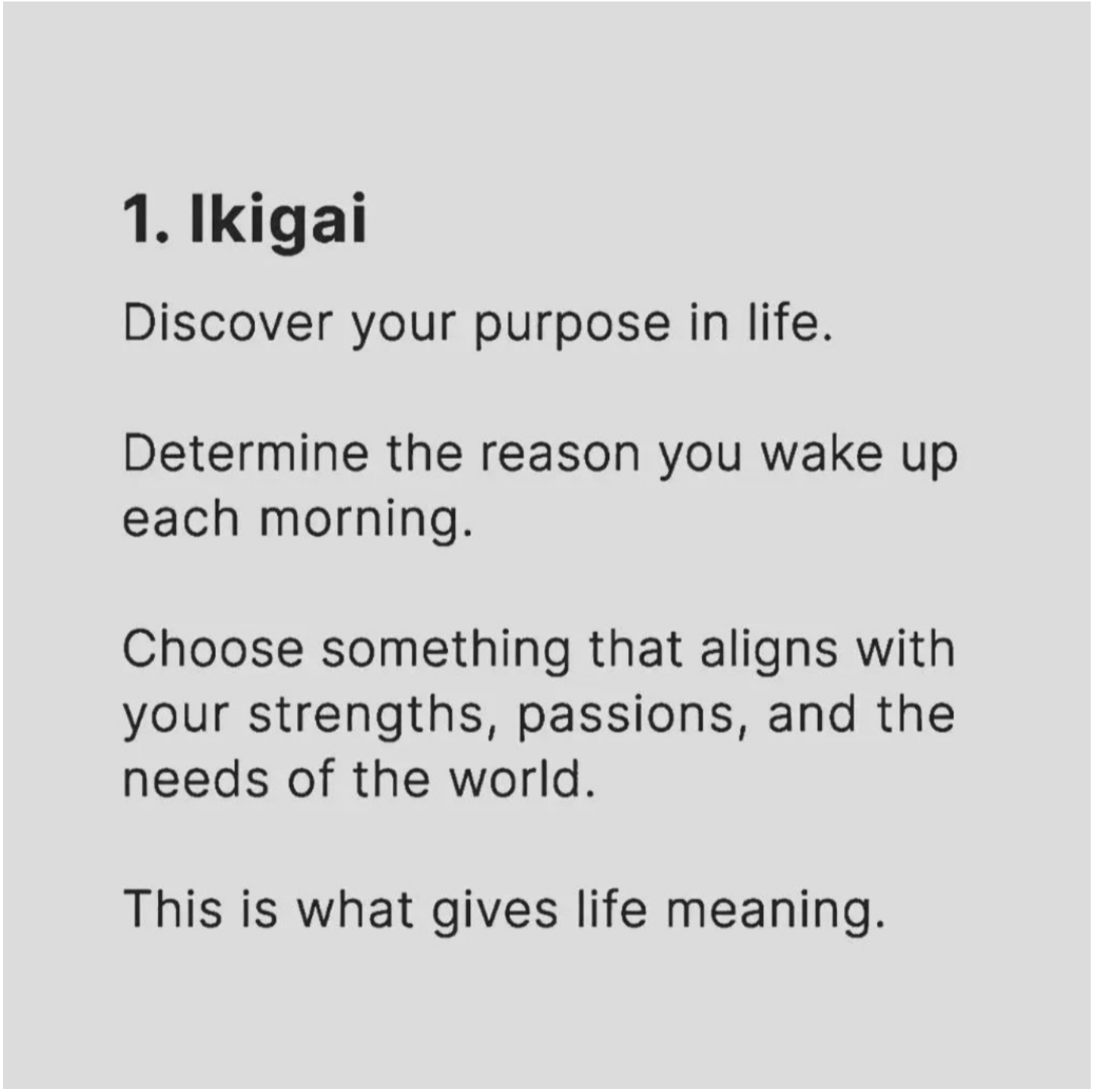
Twitter Thread by Power Beast

Power Beast
@powerbeastt

7 eye-opening Japanese concepts that will transform your life:
//Thread//


7 eye-opening
Japanese concepts
that will transform
your life:

1. Ikigai



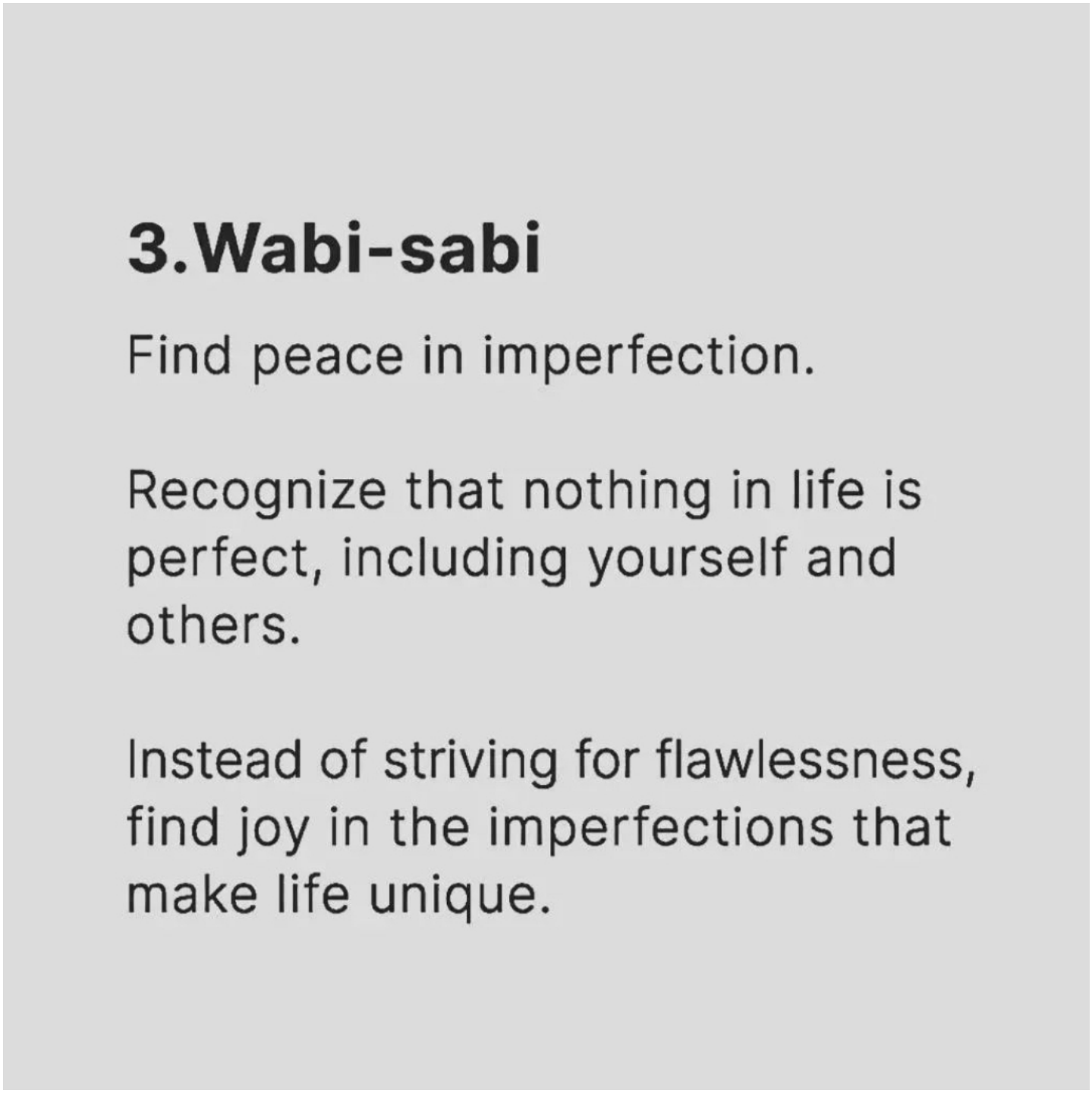
2. Shikita ga nai

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Let go of what you cannot change.

Recognize that there are some things are just out of our control, and that's okay. Let go and focus on what you can change.

3. Wabi-sabi


3.Wabi-sabi
Find peace in imperfection.
Recognize that nothing in life is perfect, including yourself and others.
Instead of striving for flawlessness, find joy in the imperfections that make life unique.

4. Gaman

4. Gaman

Preserve your dignity during tough times.

Show emotional maturity and self-control, even when faced with challenges.

Remember to be patient, resilient, and understanding.

5. Oubaitori

5. Oubaitori

Don't compare yourself to others.

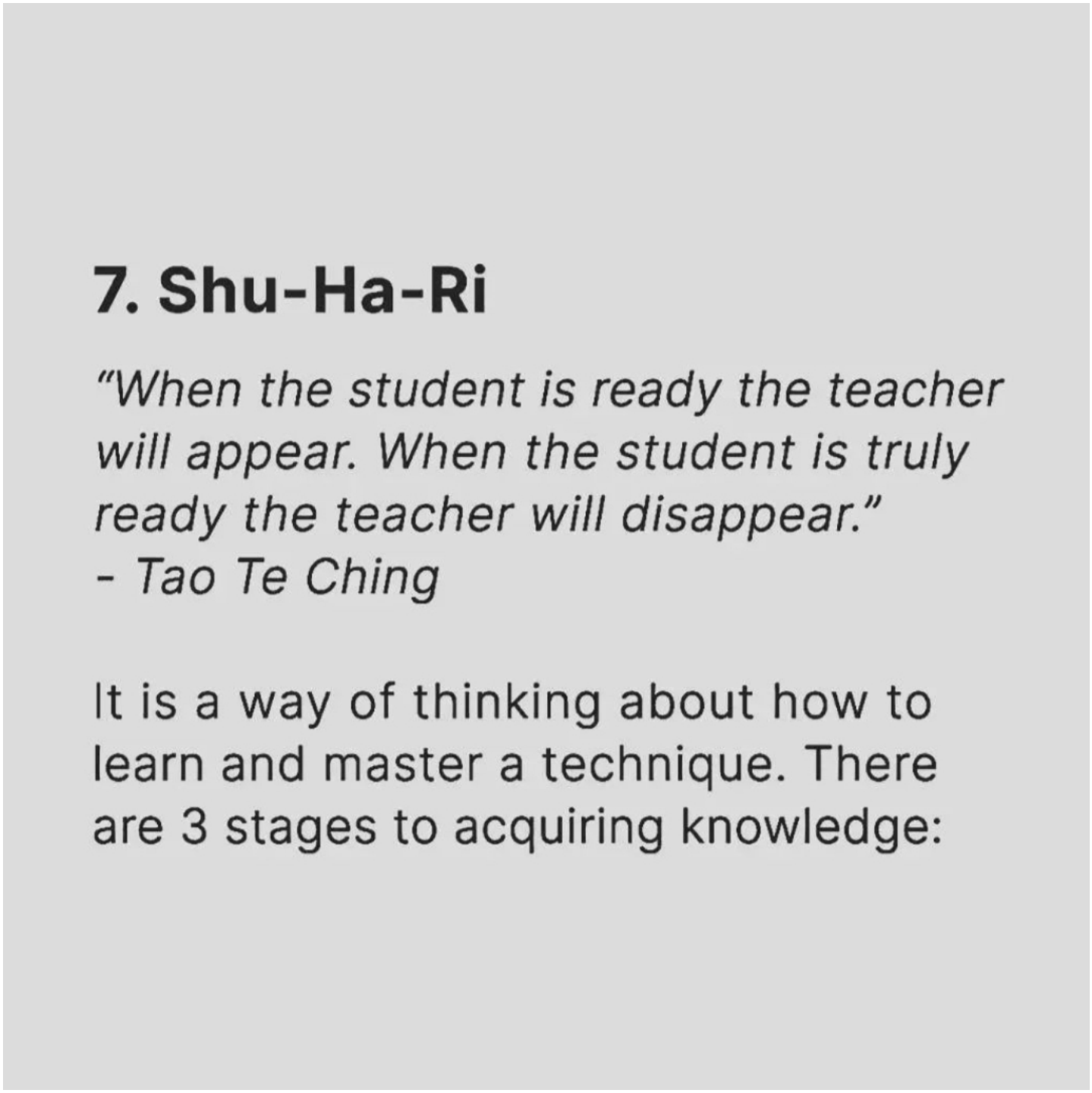
Everyone has a different timeline and unique path.

It's important to focus on your own progress, rather than trying to measure yourself against others.

6. Kaizen


6. Kaizen
Always seek to improve in all areas of your life.
Even small changes can add up and make a big impact over time.

7. Shu-Ha-Ri


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-Ha-Ri



If you want to improve in your life and become ~ Self Confident ~ Self Disciplined ~ Your Best Self

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