

9 Japanese Habits That Will Change Your Life

by Andrea Rodríguez

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Choose Your 1% Improvement**

Pick ONE small thing to improve by just 1% today. Not 10%. Not 50%. Just barely measurable. Tomorrow, pick another. This is how you build kaizen.

MON TUE WED THU FRI SAT SUN

⁰² **Practice Wabi-Sabi with Your Flaws**

Notice one 'imperfection' in yourself or your life today. Instead of judging it, appreciate it. That's where your humanity lives. That's where beauty lives.

MON TUE WED THU FRI SAT SUN

⁰³ **Find Your Ikigai Intersection**

Draw four overlapping circles: What you love, what you're good at, what the world needs, what pays. The sweet spot in the middle? That's your ikigai. Start moving toward it.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Forest Bathe for 15 Minutes**

Shinrin-yoku means immersing yourself in nature. No phone. No headphones. Just trees, air, and presence. 15 minutes. Notice how your nervous system resets.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Clean One Space Completely**

Choose one drawer, one shelf, or one corner. Osoji it fully. Remove everything, clean it, return only what belongs. Feel your mind clear as the space does.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Practice Gaman in a Difficult Moment**

Today, when something frustrates you, practice gaman. Endure with dignity. Don't complain. Don't lash out. Just hold it with grace. This builds character.