Japanese Order of Operations

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Restart Order of Operations

Small daily moves beat a five-year plan. Space first, then purpose, then reps.

1. Oosouji

Year-end style deep clean. Clear the physical space before anything else. You cannot rebuild calmly in the middle of chaos.

- Start with rooms and surfaces, not goals
- One shelf, one drawer, one pile at a time
- Chaos in the room becomes chaos in the head

2. Ikigai

A reason for being. Find the meeting point between what you love and what you do well before you build on top of it.

- What you enjoy
- What you are actually good at
- What can sustain you
- Build from that overlap, not from a fantasy version of a life

3. Kaizen

Continuous improvement. No five-year overhauls. One percent daily improvements survive real life better than big leaps.

- Same cue, same action, same time
- Tiny and repeatable beats impressive and rare

- Miss a day, pick it up the next one. Do not restart the whole plan

4. Danshari

Refuse, dispose, separate. Clear what clutters the mind, not just the room, including the screen.

- Keep less incoming junk: stuff, tabs, feeds
- Social media trains the brain every day
- Fill the feed with people who help the rebuild, not people who pull you off it

5. Moai

A small, consistent support circle. A handful of people who show up, not a crowd.

- Two or three people is enough
- Consistency matters more than intensity
- These are the people who still check in when the work is dull

6. Wabi-Sabi

Beauty in the imperfect and unfinished. There is no perfect version of starting over. Accept the imperfect result and keep living inside it.

- Half-done still counts
- Messy progress is still progress
- Do not wait for the clean, cinematic restart

7. Gaman

Endure the dull stretch without needing it to look impressive yet. This is a behavior instruction, not a feeling.

- The middle will be boring
- Do the block anyway
- The habit is built in the unimpressive hours

8. Shoshin

Beginner's mind. Stay curious enough to see the thing in front of you, even when you think you already know it.

- Expertise fills the head with "I already know this"
- A beginner still notices the details
- Do the next small block as a first try, not as proof you are behind