

Improvement Order of Operations

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Japanese Order of Operations

Japanese Order of Operations

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

In your 30's

In your 30's

Things to Do While You Are Single

The easiest way to set yourself up for success, is by curating your environment..

1. Build a body you are proud of.

Train consistently, eat better, and get leaner. Build a body that makes you feel confident when you look in the mirror.

2. Get your money right.

Learn valuable skills, increase your income, control your spending, and build savings. Financial stability gives you options.

The fastest way to get there is learning from people who already have. Social media scrolling trains your brain every day, so fill it with people who teach real skills and wealth.

3. Learn to enjoy your own company.

Take yourself out, travel alone, eat alone, and spend time without needing constant attention. You should be comfortable with yourself before expecting someone else to complete your life.

4. Fix your sleep.

Stop treating exhaustion like a personality trait. Get your sleep right and watch what happens to your energy, mood, training, and focus.

5. Build a life you don't want to escape from.

Find hobbies, goals, friends, and routines that make your normal days enjoyable. A relationship should add to your life, not become your whole life.

And that life includes what fills your screen. Social media scrolling trains your brain every day, so fill it with people who inspire you, not drain you.

6. Become dangerous with a useful skill.

Pick something valuable and get seriously good at it. Skills give you confidence that compliments never will.

7. Take care of your appearance.

Get the haircut, fix your skin, upgrade your clothes, take care of your teeth, and smell good. You don't need to be perfect to look like you respect yourself.

Learn the how from men who already have. Social media scrolling trains your brain every day, so fill it with people who show you the way.

8. Travel somewhere alone.

Get out of your usual environment and figure out who you are without your normal routine. You learn a lot about yourself when nobody is there to guide you.

9. Get your mind under control.

Spend less time scrolling, chasing attention, and feeding distractions. Learn to sit with yourself without needing constant stimulation.

10. Build strong friendships.

Spend time with people who challenge you, support you, and want to see you win. Don't let dating become the only source of connection in your life.

In your 30's

If You're in Your Early 30s, Read This Twice

The easiest way to set yourself up for success, is by curating your environment..

1. Your coworkers are not your friends.

They can be friendly, helpful, even close. But the relationship has an expiration date built into it. Don't confuse proximity for loyalty.

2. By your mid 30s, you'll see exactly who was taking care of their finances and their health, and who wasn't.

It shows up quietly at first. Then all at once. Start now so you're not the one playing catch up later.

3. The people you follow shape your future.

Every post you consume is teaching you something. Follow people who make you think bigger, build better habits, and raise your standards

4. You will outgrow some of your friends, and that's okay.

Some will grow with you. Some will stay exactly where they are. Loving someone doesn't mean staying stuck next to them.

5. Who you marry is one of the biggest financial decisions you'll ever make.

Not because of romance. Because you're choosing a money mindset, a risk tolerance, and a financial partner for the next 50 years. Choose with your eyes open.

6. Cut people who drain you.

Not everyone deserves unlimited access to your time. Some people cost you more in energy than they add in value. Protect your peace.

7. Challenge your relationship with alcohol in your 30s.

What felt like a release in your 20s can quietly become a habit by your 30s, and a health problem by your 40s. Your body processes it differently now. Pay attention.

8. Don't let the algorithm choose who you become.

Most people never question what they're consuming. Your feed quietly shapes your thoughts, habits, and standards every single day. Build a feed that helps you grow, not one that keeps you scrolling.

9. Focus on what actually makes you happy, not what looks impressive to other people.

Quality over audience. The people whose opinions you're performing for are usually too busy worrying about their own.

10. You will never feel like you have enough money to start investing. Do it anyway.

There's no magic income level where investing suddenly feels comfortable. That feeling doesn't arrive before you start. It arrives because you started.