

1 minute rule to cure lazy, what do you think?

This Japanese principle called Kaizen works to help you overcome yourself to defeat laziness.

As we know Japan is a country that is famous for its abundant labor resources, and Japanese people who work very hard. In order to work effectively they have applied working principles, including the Kaizen principle that helps you overcome yourself to beat laziness.

In each of us, most people experience lazy feelings. Laziness comes from very small things in life like you always complain of being fat, but you are afraid to go to exercise, or you are very hungry, but you don't want to buy food to eat .

And then when "water comes to the feet", you come up with countless reasons such as being unwilling or tired and then we are comfortable with ourselves - leaving tomorrow. But then there are hundreds of tomorrow that we still have not achieved the goal we set out.

It is not wrong to say that the biggest challenge for anyone is laziness or inertia. The reason is that we humans cannot change old habits to embark on new and different things.



Therefore, to solve this problem, the 1-minute rule called this Kaizen of Japanese people will be the savior - help you overcome yourself to defeat laziness.

1. How does 1 minute rule Kaizen perform?

To implement this Kaizen principle, it's simple to just spend 1 minute, 1 minute every day to do the things that you feel the most lazy, after a minute of laziness you don't need keep doing that job too.

A special thing about this principle is that it does not require you to remember this time period and do it continuously at the predetermined time. You start work when the clock points the first seconds and ends them when the timer runs out.



Although it's just reading or reading in a foreign language, listening to an English song . but let's try to "face" them, just 1 minute. Make sure that when you overcome that "challenge", you will feel happy and satisfied.

Obviously for many of us, 1 minute is not worth it, because it is a very small time period, calculated just enough for us to make a cup of tea. So, don't regret a short minute of the day to improve yourself and your own laziness. Everything takes time, let us start step by step, step by step to improve ourselves and achieve the best results.

The most important thing of Kaizen is to help turn fear, laziness into a habit and free yourself from guilt and impotence. The feeling of victory will urge you to gradually increase the time to perform your task, at first it may be only 5 minutes, gradually 30 minutes and longer.



Kaizen principle originated from Japan, Kaizen is understood by Japanese people according to these two words as "kai" - change and "zen" - wisdom. This method was created by Masaaki Imai - with the belief that it can change anyone's life if they apply it.

Surely with this principle you will think that it is ineffective because it is so simple and less time consuming, 1 minute can do something. But try a one-time trial, work your laziness for 1 minute in a fixed time frame every day, absolutely don't let anything delay it. Surely you will be surprised with the results you get.

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