


B2 Vlog style Mediation: Japanese hacks for a rich and fulfilling life  
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Task: You and your partner have a vlog called *Lifestyles that inspire* in which you discuss trendy topics. For this week's episode, you've decided to post a video on tiny habits that can lead to huge changes. You have to prepare the script and record it (5 minutes max). Student A tackles tips 1 to 4; student B deals with tips 5 to 8.

1. Kaizen (continuous improvement)		8. Kintsugi (embrace scars)
2. Ikigai (reason for being)		7. Omoiyari (thoughtfulness)
3. Hara Hachi Bu (80% eating rule)		6. Gaman (resilience)
4. Shinrin-yoku (nature exposure)		5. Wabi-sabi (accept imperfection)

<https://www.youtube.com/watch?v=1b0jKE+TP8>