



TOWARDS DISCIPLINE: SSC'S IMPACT ON MY LIFESTYLE

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BEFORE



SAKURA SCIENCE



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2020



HOW CAN THE JAPANESE BE
DISCIPLINED?

R1 ————— Entertainment consumption (what, when, and how)

R2 ————— Diet (what, when, and how)

R3 ————— Social (content, who, how long, how important)

R4 ————— Rest (when, how)

REGULATION

WHAT'S SAKURA SCIENCE GIVES AND
HOW IT IS BENEFICIAL FOR ME?



ANYTHING CAN BE
INSPIRATIONAL