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A message from the counselor for international students no.4

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How cleaning the toilet contributes to obtaining wishes?

Do you clean the toilet every day? In Japan, there are those who believe keeping the toilet clean contributes to obtaining your wishes and desires. Ever since Mr. Takeshi Kitano, a movie director and comedian, said “The secret of success might have been cleaning the toilet”, this idea seems to be spreading. Some business managers, directors and owners support this idea and make cleaning the toilet a daily routine. One of the Japanese Olympic gymnasts practices this idea as well. It seems Japanese gives a special meaning to cleaning the toilet.

In this issue, I'd like to think about why cleaning the toilet contributes to obtaining wishes and desires from a psychological point of view.

What kinds of thoughts do you have when you feel regrets about your failures? You might say to yourself, “I should have done~,” or “why didn't I do that?” Imagine how you would feel if you had these thoughts? Would you blame yourself more than usual, and be more miserable? It seems your time, thoughts and behavior become stagnant from when you had a failure and you cannot move forward.

When you start your daily routine of cleaning the toilet, your attention focuses solely on this action, you could forget your failures temporarily. You could get a sense of satisfaction after making the toilet clean. You have had this kind of experience, having a change of mood by doing something different, haven't you? One of the positives of cleaning the toilet is to change mood.

The effect of self-suggestion, cleaning the toilet contributing to obtaining wishes and leading to success can be immense. Even if you had a failure, the self-suggestion of “I'm okay, because I clean the toilet” changes your mood and you could move forward. I think this sense of “I'm okay” is the main positives outcome of cleaning the toilet.

I picked up a change in mood and sense of wellbeing as positives of cleaning the toilet. Even if you're stuck, you could keep on moving forward by using these two things to help you progress. This continual effort, I think, leads to obtaining wishes.

Having a method of changing mood can be an effective resource to obtaining your wishes.

*I'm located in the Center for Health Services, on the 1st floor in the Student Center on Mondays from 9:30~16:30.

*To make an appointment, please contact the Center for Health Services.

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