

Restoring Yoyu: A Quick Reference Guide

Learning to Shift from Not Enough to More Than Enough

What is Yoyu?

Yoyu is a Japanese word that refers to having reserves—whether it’s time, energy, money, or emotional space—that allow you to handle life’s challenges with ease. It’s not a secret tool or ancient concept; it’s an everyday term used in daily life to describe having extra capacity (or the lack of it!).

How to Use Yoyu in Conversation

Using yoyu in conversation is simple and helps express when you’re feeling a lack in a particular area. Instead of over-explaining, you can say:

- “I don’t have yoyu today.”
- “I don’t have the yoyu to do that.”

Friends, family, and co-workers can often infer what you mean based on the situation. If they’re unsure, they can ask clarifying questions like:

- “In what way? Are you feeling pressed for time?” (Lack of **time yoyu**)
- “Are you feeling exhausted?” (Lack of **physical yoyu**)

By using yoyu in conversation, we normalize acknowledging our limits and foster better understanding and communication with those around us.

The Seven Types of Yoyu

Yoyu can be cultivated in different areas of life. Here’s how it applies across seven key dimensions:

- **Time Yoyu** – Enough time to do everything you want or think you need to do. Prioritizing what truly matters and creating space in your schedule allows for greater ease and flow.
- **Energy Yoyu** – Enough physical energy to do what you want or think you need to do. Taking care of your body through rest, nourishment, and movement ensures sustainable energy reserves.



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The Seven Types of Yoyu (continued)

- **Financial Yoyu** – Enough money/resources to live the way you want. Financial security is not about wealth but about having what you need to make choices with confidence and peace of mind.
- **Space Yoyu** – Enough room to spread out, live, work, and play comfortably. A clutter-free, organized environment helps create a sense of mental and physical ease.
- **Capability Yoyu** – Enough experience, competence, and confidence to do what you're here to do. Trusting in your skills and knowledge allows you to navigate challenges with resilience and grace.
- **Emotional Yoyu** – Enough emotional wherewithal to handle whatever is happening in your life. Having the inner space to process emotions and respond, rather than react, brings clarity and stability.
- **Spiritual Yoyu** – Enough faith or connection with a higher power to carry you throughout the journey. Whether through faith, intuition, or mindfulness, spiritual yoyu provides a deep sense of purpose and grounding.

The A.L.L.A.Y. Method for Restoring Yoyu

When you feel like you're running low on yoyu, use the **A.L.L.A.Y. Method** to regain balance:

- **A** – **Acknowledge** or admit the lack of yoyu.
- **L** – **Look** for ways you can personally take action (inner or outer).
- **L** – **Leverage** other types of yoyu.
- **A** – **Ask** for help from family, friends, or co-workers.
- **Y** – **Yield** to the universe and trust in support from spirit guides or a higher power.



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How to Cultivate Yoyu Daily

Yoyu isn't something you get once and keep forever—it's something you nurture daily. Here are a few ways to consider cultivating lasting yoyu:

- ✓ **Set Boundaries** – Protect your time, space, and energy by saying no when needed.
- ✓ **Prioritize Rest** – Sleep, relaxation, and downtime are essential for maintaining reserves.
- ✓ **Practice Gratitude** – Focusing on abundance naturally expands your yoyu.
- ✓ **Nurture Support Systems** – Maintain relationships that replenish you, not drain you.
- ✓ **Create Intentional Spaces** – Organize your home and work environment for calm and clarity.
- ✓ **Embrace Flexibility** – Recognize the ebb and flow of yoyu and adapt as needed.

These are just a few ways for how you might cultivate yoyu. Explore and experiment until you find what works best for you and your family.

Want More Yoyu?

If you found this guide helpful, you'll love diving deeper into the concept of yoyu in *Finding Yoyu*. Get your copy today and start building a life with more ease and flow!

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