

“You will learn to like yourself.”
“You will learn to like people around you.”
“You will become happier.”

Let's try Ho-Me-I-Ku!



The Ho-Me-I-Ku Foundation

1. What is “Ho-Me-I-Ku” ?

“Ho-Me-I-Ku” means to “nurture through praise”. People were born to be praised. Everyone has an invaluable worth. We believe that “Ho-Me-I-Ku” educes an individual’s potential and helps them shine.



**People were born
to be praised.**

We would like to focus on this **truth** and create
a pleasant society.
in which people recognize each other’s strengths,
learn from **each other and grow**.



2. For people like these.

We want this project to reach people like these:

- People **unable to praise themselves**
- People **seeking more recognition**
- People who **can't express love to the people** they love
- People **suffering** with relationship issues
- **Moping** people who don't feel a purpose in life
- People who want **to live more freely**
- People who want to turn their **dreams** into reality
- People who want **to be happy**



Even people who feel stuck and can't move forward must have hope inside. **Ho-Me-I-Ku** will become a trigger to kindle a ray of hope. They will start to believe in themselves, desire to realize their dreams, and want to be happy.



3. Tool to implement Ho-Me-I-Ku What is “Ho-Meishi” ?

The Ho-Me-I-Ku Foundation provides a tool, called “Ho-Meishi”, to implement Ho-Me-I-Ku. “Ho-Meishi” is a card the size of a business card on which praise is written for someone and then given.



“Ho-Meishi” is used to express the feelings,
“You are wonderful”, “I m impressed”, or “Thank you”
that often go unmentioned.

The use of Ho-Meishi, brings a smile to the faces of both the giver
of the card and the receiver,
thus expanding the greater ring of smiles around the world.

Moreover, writing one “Ho-Meishi” results in a one-yen contribution
to charity. The writing and receiving of “Ho-Meishi” **revolves into**
a children’s education charity.



Tool to implement Ho-Me-I-Ku

The purpose of using “Ho-Meishi”

The purpose of using “Ho-Meishi” is to fulfill the “Three Interpersonal Needs” as described by American psychologist Will Schutz, Ph.D. These are as follows:

**Three
Interpersonal
Needs**

**Self-
Likability**
or to be loved.

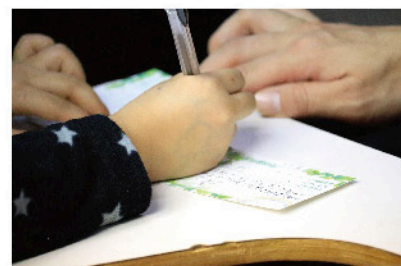
**Self-
Significance**
or significance.

**Self-
Competence**
to know oneself as
capable of decision-making
and action.

On the “Ho-Meishi”, words are written that express gratitude, recognition of one’s growth or very existence. In short, “Ho-Meishi” are able to fulfill the **“Three Interpersonal Needs”**

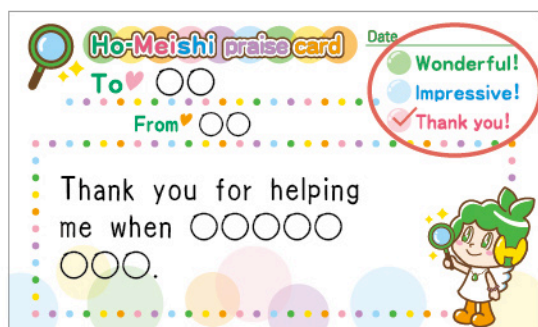
When the three needs are satisfied, self-esteem is fulfilled; a person feels recognition. One is then **able to open their mind** to the person who validated them. “Ho-Meishi” not only makes people shine, it’s also a wonderful tool for enabling interpersonal relationships.

“Ho-Meishi” are the size of a business card so they can be carried in a wallet or card case. The surface area is small and easy to fill out in a couple of minutes.



Tool to implement Ho-Me-I-Ku

How to write “Ho-Meishi”



“Ho-Meishi” have three categories,

“You are wonderful”,
“I’m impressed”, and
“Thank you.”

You will choose one (by checking off) and write a comment.

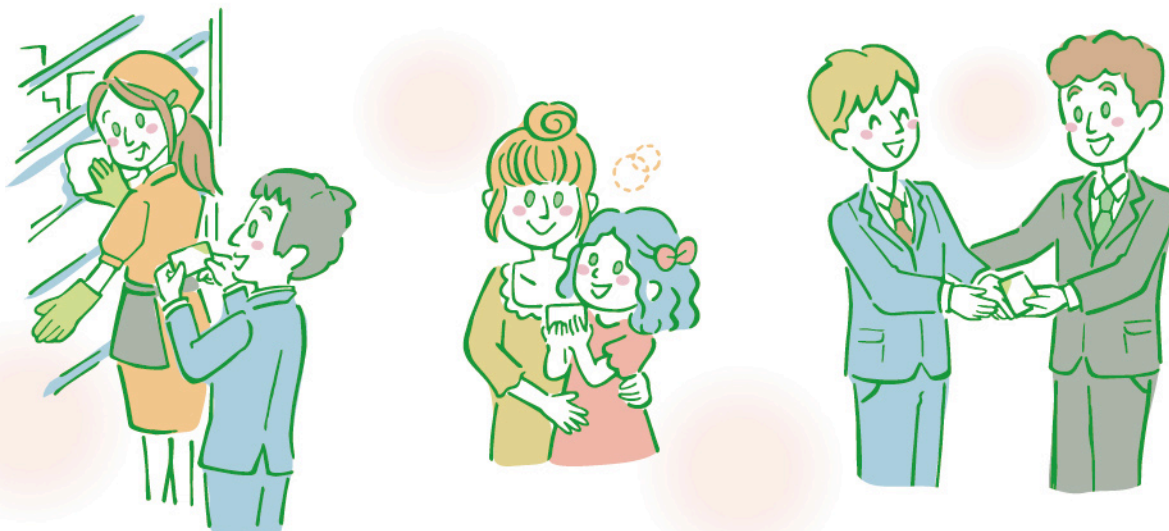
They are easy to carry since they are the size of business cards. They fit in your pockets and you can carry them without a bag. There is no word limit. Write what you’re really feeling at that time. Be sure to write it with your own hand. Receivers of “Ho-Meishi” are not limited to family members, friends, or acquaintances.

Any time you feel **“You are wonderful”**, **“I’m impressed”**, or **“Thank you”** in your daily life, write it down. For example, you can give one when the service at a restaurant is excellent, or when you are impressed by the thoughtfulness of a cabin attendant. You can also give them to the building janitors for pristinely polishing windows and floors, or cab drivers who transport you to your destinations safely and comfortably.

POINT!

“Ho-Meishi” should be used in your daily life and whenever it comes to mind. When it comes to mind, immediately take “Ho-Meishi” out and use it. Since they are small, they will not impose on people who receive them.

Again, each “Ho-Meishi” leads to a one-yen charitable donation. The more “Ho-Meishi” you use, the more money gets donated to children’s education.



4. Let's post on Facebook!

We hope you now understand the purpose and method of using "Ho-Meishi." We have attached "Ho-Meishi" to the end of this document. By all means, please use them. We have one favor to ask of you. When you write, give, or receive "Ho-Meishi," please post it to our [Ho-Me-I-Ku Facebook page](#).



Take a picture when you hand "Ho-Meishi" to someone. Take a picture when you give "Ho-Meishi" to each other in a group setting. We want to ask everybody around the world to upload their pictures and comments on Facebook; help the world connect in a Ho-Me-I-Ku ring.

The method is simple. When you write a "Ho-Meishi", take a picture. Access our Facebook page with the URL or QR code below and upload the pictures.

Ho-Me-I-Ku Facebook page

<https://www.facebook.com/homechari>



Let's post pictures of "Ho-Meishi" on the Ho-Me-I-Ku Facebook page!
 Let's help the world connect in a Ho-Me-I-Ku ring!



1 Please print out "Ho-Meishi" attached to the end of the document.



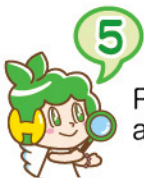
2 Cut them out with scissors.



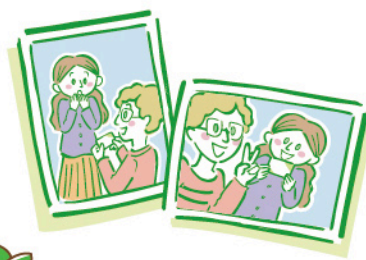
3 Think of the person you want to praise.



4 Write comments on "Ho-Meishi".



5 Read the comments on "Ho-Meishi" and give it to the person.



6 Take pictures together when give them or after you give them to people.



7 <https://www.facebook.com/homechari>

Access the Ho-Me-I-Ku Facebook page.



8 Upload pictures to the Ho-Me-I-Ku Facebook page to complete!

5. What is Ho-Me-I-Ku Foundation?

The Ho-Me-I-Ku Foundation was established on December 11, 2015, in order to provide charity for children's education. Charity is generally perceived as fundraising and philanthropy. In fact, the word charity also means "kindness." "Kindness" is precisely what our foundation is concerned with.

Naturally we were all children once. From our parents and society, we received love, consideration, education as well as any number of favors that enabled our growth. Now as adults having taken our place in society, it's our turn to give back.

"Let us act in order to pass the torch on to the next generation!"

"I want to connect my children's future with hope, not just money."

With an idea to spread this way of thinking and this culture, I established the Ho-Me-I-Ku Foundation.



What are the mission and activities of the Ho-Me-I-Ku Foundation?

Our mission is "to make people light up in 196 countries around the world." We act in accordance with this mission. Furthermore, we are engaged in a variety of activities to communicate the value of Ho-Me-I-Ku.



About Kunio Hara



Ho-Me-I-Ku Foundation Founder **Kunio Hara**

Ho-Me-I-Ku Foundation Representative Director
(Based in Tokyo with branch offices in the U.S.A. and Norway)

The mission being to “Make people light up in 196 countries around the world”, Kunio Hara is spreading praise education for human resources development around the world in countries as diverse as Japan and the U.S., Norway, China, India, Indonesia, the Philippines, Thailand and more. From “events for all” to specialized corporate trainings for performance improvement, over 50,000 people have attended a Ho-Me-I-Ku seminar. The vision is being spread to 196 countries at an explosive pace. He delivers over 200 lectures a year, now including the venues of Harvard University and Ritz Carlton Hotel. He has also appeared on TV Asahi’s Hodo Station and NHK.

The Lecture Circuit

Kunio Hara, Representative Director, lectures in Japan and for people in more than ten countries around the world. In the domestic corporate sector, he has lectured at over 185 companies to date. He also lectures at kindergartens where he helps children learn to praise each other, as well as praise and express “thanks” to their moms and dads. Lectures are conducted at diverse venues including the Japan Self-defense Forces. Fellow instructors also offer courses delivering the concept of Ho-Me-I-Ku to many.



Contents of certified courses

Ho-Me-I-Ku Navigator Certification Course

Ho-Me-I-Ku Navigator Certification Course trains instructors (Ho-Me-I-Ku Navigators) to communicate the value of Ho-Me-I-Ku. Ho-Me-I-Ku elements are easy to understand through a well-organized curriculum, and instructors are ready to open Ho-Me-I-Ku events after **just 1day (3.5 hours)** of study. By attending the course, you will first of all be treated to a direct experience of Ho-Me-I-Ku and the pleasure it brings. The course is easy to understand; anyone can master the knowledge, and even those with no experience will be enabled to teach.



Ho-Me-I-Ku Coaching Course

The Ho-Me-I-Ku Coaching Course is the next level for Ho-Me-I-Ku navigators. The main growth point will be the addition of “future”. This course focuses on **“praising the present as well as the future”**, and will enable you to accept **“your future self”**. In the course, you will create a “Ho-Me-I-Ku dream board” and envision your future. You will need to act in order to realize your ideal future. By considering the concrete actions required with your teacher, you will steadfastly approach your future.



Ho-Me-I-Ku Trial Event

The Ho-Me-I-Ku Trial Event is an event that combines an experience of Ho-Me-I-Ku with lunch. This event may be held when one becomes a Ho-Me-I-Ku navigator. At a Ho-Me-I-Ku Trial Event, **positive messages are exchanged** using “Ho-Meishi”.

Other Seminars

Seminars are also held in which actively certified instructors share experiences, stories of how they came to know Ho-Me-I-Ku, and details of their activities.



What to pass on to the future?

“What will you pass on to future generations?”

What would you answer if you were asked that question? The answer may depend on your situation, whether you have children or people working for you. I believe that just as you have received the torch from someone, you too, have a divine mission to pass it on. You must pass that torch received from our predecessors and ancestors to the next generation; it must be passed on to the children. We, the Ho-Me-I-Ku Foundation, would like to consider what adults can do for the future, in order to provide charity for our children’s education.



“What will you pass on to future generations?”

People who act become happy.

There are many “good ideas” for people and future. However, a lot of people don’t go beyond thinking. Many people just think and never turn their ideas into action. In order to change the life, it is not enough to merely think. Take action. If you share our belief, we’d like to encourage you to write a “Ho-Meishi” with a vision of the world becoming one. Start by writing “Ho-Meishi” to the people around you. Give them to your family, friends, colleagues, or to people you have wanted to praise or thank but haven’t.

“Ho-Meishi” is a tool for bringing happiness to people who receive them. However, the giver actually becomes more spiritually abundant. This is because when you write a “Ho-Meishi”, you look for the good in people, thus becoming happy and feeling positive yourself. Moreover you get to see their smiles - it’s all good! Embarking on a life of “looking for the good in people” and an abundant life full of smiles will follow. Let’s cherish the heart that people think people better than me.



We are convinced that others' smiles and happiness come around and lead to your own happiness.

Thank you

It is said that most people's troubles stem from relationships. And it all springs from words. There are many kinds of interpersonal relationships. It is certain that to praise each other, thank one another, shake hands with a smile, and hug each other is simply the best way. If this PDF version of study material offers a little support, or just a little push in the right direction for people who are thinking "I actually want to have a better relationship with that person" or "I want to build a relationship filled with smiles", it would please us no end.

**People were born to be praised.
And people were born to praise, too.**

We want to examine this truth and own it with the whole world. We are thankful for meeting you through our online video and study materials and appreciate that you read this document to the end.



Ho-Meishi (Please print them out and use them.)

Ho-Meishi praise card Date _____
To ♥ _____
From ♥ _____
Wonderful!
Impressive!
Thank you!



Ho-Meishi praise card Date _____
To ♥ _____
From ♥ _____
Wonderful!
Impressive!
Thank you!



Ho-Meishi praise card Date _____
To ♥ _____
From ♥ _____
Wonderful!
Impressive!
Thank you!



Ho-Meishi praise card Date _____
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