

# KAIZEN

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I am going to share with you something so incredibly special and effective which will change your life around so easily and quickly, you can even start it today it is that simple. The method I am going to tell you about is, 'Kaizen'. This is a fantastic way to focus the mind on small improvements to yourself and your business.



The Japanese used Kaizen after world war 11 as a way of rebuilding their fallen and defeated nation. It is something they still used today to great effect and has made Japan into the high-tech country we see today a world leader in electronic equipment, cars and the like, and also one the most respectful nations to each other; and the rest of the world.

If you were beamed down onto this planet today and you examined the USA and Japan, I think you would be hard pushed (without a history lesson), to work out which country had been the victor and which country had been defeated in this cruel war, where atomic weapons were used to end the war.

Japan was a shamed and defeated nation, a nation of a once, extremely proud people. So in order to generate some self respect into their people and industry they introduced Kaizen. Kaizen is a way to help you to make good choices and to introduce small and subtle changes each week to improve yourself, to make you become the person you would really like to be with the business you have always

dreamed of having.

In industry and business generally, it was to improve the output and the attitude to the job, whether they were the janitor for the company or the CEO; their role was as important in the progress and smooth running of the company as it was being built and continued once an established business in order to be the best in their field. It was important for every worker to have pride in themselves and the job they were doing. The main Company of Wikaniko, Trevor, myself and the guy's in the office at HQ use Kaizen, you may have wondered at the massive rate new enhancements are given and implemented into the business each week, well-it is because we adopt and use Kaizen in our business as well as our personal lives and have done for many years.

I apply Kaizen to personal growth and business, as it is a wonderful way to focus the mind on positive things and as we know, what you focus on you get more of. Therefore, if you are focused on improving yourself just a little each week, even just a little thing like smiling at everyone you meet during the day, if you do it for a week and carry this on, then at the beginning of the following week attach another small improvement, at the end of 12 months you will have made 52 small improvements to yourself, your life, and your business. You and your life will be unrecognisable from the start of the previous 12 months.

Make a list so each Monday you are not thinking of what your small improvement is going to be for the week ahead, you just look at the list and see straight away what the new improvement is going to be and add it to last weeks improvement. So now you will be focusing on two changes you are making to yourself and or your business, then three in the third week and four in the fourth and so on.

Only you know what needs to be enhanced and changed in you; you are the only one who can do this.

Here are some suggestions you may wish to implement and also, so you can get an idea of what I mean.

- 1) Smile at everyone I meet (strangers you pass in the street)
- 2) I shall put aside 10 minutes each week to list my weeks expenses and receipts for when I need to do my tax return
- 3) Roster (plan) my time during the week to get more done in the time I have available
- 4) Always have a current To DO List and celebrate and fix (celebrate the things you managed to do on your list during the day and fix those things you didn't manage to do; by putting them on tomorrows list at the top of the list; these are the first jobs you tackle the next day)
- 5) Have more patience with my children, my parents, my brother/sister, husband wife and try to see their side of things.

6) Try to act on the situation which is presenting it self to me rather than react because of a past event of a similar nature and be dealing only with the current situation.

Ok; these are just a few to give you an idea. Do a list of 20 small improvements that you can make to start off with and then add to your list as you progress through your list. You will have a better idea as you do more things, as to what you want to improve on, within yourself and your business, please note your thoughts on this will change on this as you go along, make sure however, to revisit the list before you get to number 15 of the first 20 and add another 20 then at the next 15 of the second 20 you need to only think of another 15 small little changes and you have made a massive change over the last 52 weeks of life as you tag them altogether.

You will be so content with your life and who you are, who you have become, you will want to continue this journey of self improvement. Believe me it is awesome, and so worth doing, so simple, and so very effective. Why not give it a go? What do you have to lose? I know that you have everything to gain by doing this - 52 little improvements over the course of a year!

Will you be happy with yourself and proud of your achievement? I should say so, you will find it so easy to love yourself in the most positive way and your self esteem will be off the Richter scale.....Excited? You should be.....life should be awesome and I have given you the key to make yours just that.....

Namaste

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