

### ***Constant And Never-ending Improvement (C.A.N.I.)***

It's Monday Mindset! Today let's talk about C.A.N.I. or Constant And Never-ending Improvement. It's an acronym that Tony Robbins introduced years ago, and he was influenced by a Japanese term, "Kaizen". Check this video and find out why it is essential to improve even one tiny aspect of your life every single day and how you can use it to build momentum towards your personal greatness.

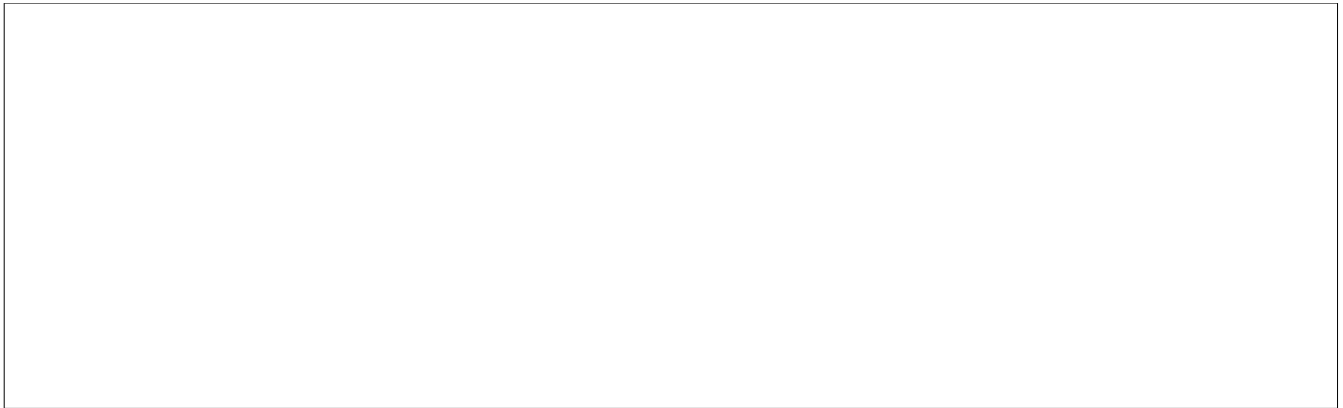
***Are you constantly looking for improvement in life?***

Carve out some quiet time to welcome the full benefits of silence. Get your journal and practice think time. Spend 30-60 minutes and write down your thoughts. Meditate as it is a powerful tool to harness self-awareness. If you spend some time unplugged and disconnected to noise, you will be more creative and more focus on your work.

***Spend 30-60 min pen to paper: Check yourself. What are you doing with life?***

Kaizen came from "Kai" and "Zen" wherein kai means change and zen means good. It is a practice of continuous improvement. If you want to be successful, or you define your success as a journey rather than an end destination, you must continue to be relentless in your pursuit of personal greatness. Which means hacking your brain, always hungry to learn, constantly improving, and continue growing in all areas of your life; mind, body, and soul.

**What have you done that's helped you continue growing, learning, and moving your career in the direction you want?**

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