

Kaizen Rules

Pushing things out of status quo always demands a lot of courage, stamina, resilience, persistence and willpower. Here are the Kaizen Rules I always follow that help me with constant improvement and pushing things out of status quo:

1. I don't try to justify the past and the so-called best practices. I always start by questioning the best practices.
2. I have no fixed ideas. I always keep my mind open to change.
3. I see waste and problems as an opportunity.
4. I'm aware that I develop wisdom when I am faced with hardship.
5. I always maintain a positive attitude.
6. I don't make excuses. I think of how to do it, not why it cannot be done.
7. I don't blame my environment for my problems.
8. Creativity before capital. I don't spend money for kaizen, I use wisdom.
9. I rather seek the wisdom of ten people than the knowledge of one.
10. I work smart. I understand data and principles. I am data-driven.
11. First I understand the process and the environment. Then I take action.
12. I learn by taking action. It's called validated learning.
13. I set high standards. I think big. And I always have a strong why.
14. I choose a simple solution, not the perfect one.
15. I do things right away, even if I am aiming only at the 50 % target.
16. If I make a mistake, I correct it right away.
17. I aim for long-term sustainability of gains.
18. I use fear as my compass. I always challenge my fears.
19. Kaizen is endless.
20. I am having fun while improving and becoming the best version of myself.

Kaizen Rules - Checklist

The purpose of this checklist is to help you identify how you can improve your Kaizen mindset and which rules you maybe still have trouble following. Tackle only one rule you are not yet following at the same time.

If you are already following all the Kaizen rules, you will find many ideas on www.agileleanlife.com how to improve yourself further.

1	I don't try to justify the past and the so-called best practices. I always start by questioning the best practices.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2	I have no fixed ideas. I always keep my mind open to change.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3	I see waste and problems as an opportunity.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4	I am aware that I develop wisdom when I am faced with hardship.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5	I always maintain a positive attitude.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6	I don't make excuses. I think of how to do it, not why it cannot be done.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
7	I don't blame my environment for my problems.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
8	Creativity before capital. I don't spend money for kaizen, I use wisdom.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
9	I rather seek the wisdom of ten people than the knowledge of one.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
10	I work smart. I understand data and principles. I am data-driven.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
11	I work smart. First I understand the process and the environment. Then I go to action.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
12	I learn by taking action. It's called validated learning.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
13	I set high standards. I think big. And I always have a strong why.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
14	I choose a simple solution, not the perfect one.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
15	I do things right away, even if I am only aiming at the 50 % target.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
16	If I make a mistake, I correct it right away.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
17	I aim for long-term sustainability of gains.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
18	I use fear as my compass. I always challenge my fears.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
19	Kaizen is endless.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
20	I am having fun while improving and becoming the best version of myself.	<input type="checkbox"/> Yes	<input type="checkbox"/> No