

Anti-Kaizen

Anti-Kaizen is a toxic mindset and includes all the limited beliefs that prevent me any kind of improvement and progress. **It's something I should avoid at all costs** in order not to become a zombie or stuck in my comfort zone.

1. **Lying to myself.** I always look for the truth, even if it's painful.
2. **Having victim mindset and being stuck in an emotional cage.** I manage my emotions and take action to prevent staying stuck at the same place.
3. **"There's no need for improvement" mindset.** There is always room for improvement. If I am not going forward, I am going backwards.
4. **Lack of time for improvement.** I want to work smart, not only hard. With improving myself, I am becoming better and better and I can create much more value.
5. **Firefighting and enjoying adrenalin rushes and dramas.** Good life is a calm and under control life. I don't need dramas in life.
6. **Lack of confidence in self and others and lack of courage.** I believe in myself and I believe in people. I am not a pussy and I don't bitch, whine and complain.
7. **I want to change others, not myself.** I know I have to be the change I want to see in the world.
8. **Getting in trouble for failing or pointing out the problems.** I am not scared of failing or pointing out the problems. If I get in trouble for that I explain to other people, that I do it because I care.
9. **Not following up on ideas.** The key to success is implementing, not only having ideas. I always strive to implement ideas and test them in real life.
10. **Giving up too quickly.** I know that pushing things out of status quo always demands a lot of courage, stamina, resilience, persistence and willpower.
11. **Solving problems with additional administration.** Administration is always the worst solution possible. I try to minimize administration, not add it to a process.
12. **Hoping that others will do it for me and waiting for better times.** I am the boss of my own life. I take care of my future.
13. **Jumping to solutions too quickly.** First I gather all the facts, then I analyze them and make a rational conclusion what to do.

Anti-Kaizen - Checklist

The purpose of this checklist is to help you identify toxic mindset and all the beliefs that may prevent you any kind of improvement and progress. Tackle only one toxic belief at the same time. You can't implement too many changes at once.

If you already are the master of constant improvement and don't have any problems with toxic beliefs listed below, you will find many ideas on www.agileleanlife.com how to improve yourself even further.

1	I often lie to myself.	<input type="checkbox"/> Yes	<input type="checkbox"/> No
2	I have victim mindset and am often being stuck in an emotional cage, thinking things over and over again	<input type="checkbox"/> Yes	<input type="checkbox"/> No
3	I don't need to improve	<input type="checkbox"/> Yes	<input type="checkbox"/> No
4	I don't have time to improve	<input type="checkbox"/> Yes	<input type="checkbox"/> No
5	I enjoy firefighting and adrenalin rushes and dramas	<input type="checkbox"/> Yes	<input type="checkbox"/> No
6	I have lack of confidence in self and others	<input type="checkbox"/> Yes	<input type="checkbox"/> No
7	I want to change others, not myself	<input type="checkbox"/> Yes	<input type="checkbox"/> No
8	I am afraid of getting in trouble for failing or pointing out the problems	<input type="checkbox"/> Yes	<input type="checkbox"/> No
9	I am too often not following up on ideas	<input type="checkbox"/> Yes	<input type="checkbox"/> No
10	I give up too quickly	<input type="checkbox"/> Yes	<input type="checkbox"/> No
11	I often solve problems with additional administration	<input type="checkbox"/> Yes	<input type="checkbox"/> No
12	Others or better times will solve most of my problems	<input type="checkbox"/> Yes	<input type="checkbox"/> No
13	I often jump to conclusions too quickly	<input type="checkbox"/> Yes	<input type="checkbox"/> No
		BAD	GOOD