

# KAIZEN for Daily Living

*How Small Daily Changes Can Transform Your Work and Life*

*“Besides your engaging and energizing style, you presented incredible content with practical approaches for real-life application. I especially appreciate your original thinking, which ensures your content is unique and refreshing.”*

*E.S.P.W.*

When it comes to those big goals you set, no longer do you need to be affected by your fear of failure, procrastination, excuses and guilt.

Discover the Kaizen Way. Rooted in the two thousand year old wisdom of the Tao Te Ching, Kaizen is the art of making great and lasting changes through small steady steps.

Learn to think more clearly, be more creative, and get the BIG results you would like.

If you want to increase personal productivity, or simply gain more control over some aspect of your work and life, learn how using the small steps technique will help you get results.

Explore how to:

- develop a plan to implement this process in your life
- use Kaizen to increase personal productivity, and gain more control over your work and life
- determine small steps by asking the “right” questions
- use this approach to create new and lasting habits
- neutralize fears and maintain progress with “mind sculpting”
- cultivate awareness of small moments
- learn what kind of rewards get the best results
- measure your results using the small step tracker

**Note:** This program may be directed to solving specific problems in almost any area. It works!

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