



Why Kaizen Works

Overcomes Analysis Paralysis: when goals feel massive, people freeze. Kaizen reduces overwhelm and builds momentum.

It triggers the success spiral: Each small win builds confidence, increasing the likelihood of future effort. You take action, feel capable, and take more action.

It harnesses the compounding effect of micro-habits - small repeatable behaviors rewiring the brain through consistency.

Big change triggers fear. Tiny changes feel safe and manageable, making you less likely to self-sabotage.

Repeat with a new
1% change
tomorrow.

Each day is a fresh
chance for a tiny
step forward.



- Example 1% Wins**
- Walked 10 extra minutes
 - Swapped Soda for water
 - Did 5 minutes of stretching
 - Slept 30 minutes earlier
 - Read 2 pages on wellness
 - Said no to self-doubt