

The Kaizen Way: Asking Small Questions and Taking Small Steps

Ever wondered how to defeat self-sabotage, discouragement, fear and procrastination when encountering Extra Large Goals or Big Dreams?

Try these Wonderfully Powerful Brain Tricks! Try the Kaizen way!

Kaizen is the Japanese word for “good change.” To achieve goals the Kaizen way assumes that any improvement, large or small, done once or regularly is good and leads to change.

When you think about that don't you just feel your body go, “Ahhhh....?”

Asking Small Questions

Your brain LOVES small questions. This strategy can help you calm down and figure out a safe way to proceed when you are overwhelmed by uncomfortable emotions and thoughts and cannot seem to access rational thinking. Asking a small question allows access to your thought pattern that is more in alignment with your values and goals. Small questions allow you to come up with several right answers. You will naturally continue answer small questions. You will be more likely to live with respect toward yourself and with trust in your capacity to come up with the best answers for you!

Use Your Imagination

Close your eyes for now. Take some deep cleansing breaths. Imagine yourself in a beautifully designed room filled with light. What would be in that room? Would there be doors or windows? What would it look like? What colors would it be? What would you be doing? How would you feel? What would you be thinking? Now, start the task that you want do. You are having a blast and all of a sudden everything goes dark in the room. There is a loud noise and you notice feeling very afraid! You are totally disrupted! You notice such fear that you overwhelmed by it.

How could I help myself the most right now?

How could I make it easier for myself right now?

What would be the smallest step that I can take to move toward resolution in this situation?

You can continue to ask yourself a series of small questions with the goal of making a way to get out of this uncomfortable situation into the light again. What would you do next?

Living life one step at a time can offer you the clarity to live more fully in your guiding truth and tolerate uncomfortable feelings, moving toward resolution in difficult situations.

Write down series of small questions that you might ask yourself when you notice you are having uncomfortable feelings and thoughts about your intentions. These questions will help you move toward the big dreams and goals you are trying to accomplish in your life.

Taking Small Steps Toward Extra Large Goals

Let's gear up to get unstuck in one area using these strategies.

1. Using Small Steps free people to experience success in bite sized pieces.

What is a situation in which you are stuck and cannot move forward?

Ask yourself: What is the smallest step that I can take in which I can be successful?

2. Lowering Your Expectations to Very Small and Crappy

Give yourself permission to really lower your expectations. Just how small and crappy of a step can you take? Using this concept write out how you can lower your expectations to 80% rather than being at 100%. What would your expectation be if you did this? If you need to go lower than 80% that is fine too! WOW, how do you feel about that?
