

# MESSAGE BUILDER

## Lesson 12: Putting it Together - Kaizen

### **Your Kaizen – Good Change**

If you recall, we ended our workshops with challenging you to find your Kaizen commitment. Kaizen, which translates to “good change,” is your commitment to continue your improvement by choosing to focus on one thing at a time to implement into your everyday communication.

Now that we have been through these 11 months of continued growth for you, we invite you to do the same thing now. Choose one of the eleven topics you will begin to immediately implement into your communication to see improvement.

The best way to do this is by hitting the pause button in your day and giving focus to where you want to improve next. Then, write it down and post it where you can see it everyday. This will be your reminder to improve yourself daily.

This is not the end, just the start of a new development road.

On behalf of all of us at iSpeak, thank you for following along with our My Action Plan emails. These emails are for you to keep and use for your continued improvement.

Remember,

“Perfection is a direction, not a destination.”

We at iSpeak, are always here to help you improve.

