**TOPIC:**

The process of continuous improvement

**DATE:**

May 26 2023

**ABSTRACT:**

The concept lifelong learning‌‍‌, mentality towards work and life, Seeking adventure, Loving the pain

**REFERENCES:**

* https://fs.blog/learning/

# **The process of continuous improvement**

Constantly improving at something is hard. It requires hours of focus, filled with deliberate practice. It may not yield results, for a very long time. It will drain the mind. It will crush your soul. But given due time with consistent effort, the day will come when every drop of sweat and blood you shed will turn your work into an art. It will not be easy. It will not be fast. It will certainly not be a 6-minute abs. But it will be beautiful.

As the late great Kobe Bryant said:

**“You have to dance beautifully in the box that you're comfortable dancing in”**

We have to find our own boxes to dance in. It can be dancing, coding , rock climbingor whatever the heck that may be. Remember that just because the box you found is comfortable to dance doesn’t mean that you will be forever comfortable dancing in it. You will have your ups and downs, but dance in it as gracefully as possible. Constantly try to be better. Eventually, you will be better than you will ever be.