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

# **𝗧𝗵𝗲 𝗽𝗿𝗼𝗰𝗲𝘀𝘀 𝗼𝗳 continuous improvement**

Constantly improving at something is hard. It requires hours of focus, filled with deliberate practice. It still may not yield results. 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.