**Notes**

**The Kaizen Method when coding**

1. Read the overview
2. High level design
3. Prototyping/pseudocode
4. Ponder/imagine
5. Duration
6. Learn one new thing everyday
7. Create a plan for the study/work session

**The Kaizen Method when rewarding myself**

1. One short YouTube video
2. One TikTok
3. Self-complements
4. One drink
5. Quick scroll on Reddit
6. Reflection
7. Treat from the fridge