



Innovation Labs: beyond the clock

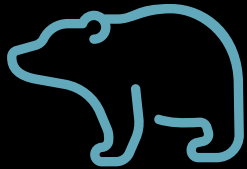
The path we walk is rarely straight. This presentation will explore 5 key principles to guide us on our winding journeys.



Journey is the dream

The path we walk in life is rarely a straight line. It is often winding and uncertain, filled with dreams and detours. This journey requires resilience, purpose and acceptance to keep moving forward.

Inner strength keeps you going



Inner strength

Inner strength refers to the resilience and grit that keeps you moving forward despite challenges.



Perseverance

Perseverance and determination help you continue on your journey even when the path gets difficult.



Self-compassion

Being kind and understanding with yourself enables inner strength during setbacks.

Cultivating inner strength through perseverance, self-compassion, and resilience allows you to keep going and achieve your dreams.

“"Journey is the dream" reminds us that the path to innovation is not linear but an unfolding journey fueled by aspirations.”

INNOVATION LABS

There is no shame in taking longer

- **Inner strength keeps you going**

The journey often takes longer than expected, but your inner fortitude sustains you through all obstacles, powering your resilience and grit. Though the path meanders, your determination remains steady.

- **Persistence in the face of setbacks**

When progress stalls or you encounter difficulties, draw on your inner reserves of strength and courage to press onward. Temporary failures do not define your journey.

- **Overcoming self-doubt**

Quiet your inner critic and doubts through self-compassion. You are stronger than you know. Trust in your abilities even when the way forward is unclear.

You quit every day in stride

● January 2021

Started implementing
karma practices in daily
life

● March 2022

Donated 10% of income
to charity

● September 2021

Volunteered at a local
food bank once a week

Pillar 1

Focus on the Quality of Progress

The speed of progress is less important than making meaningful steps forward. Stay committed to growth without judgment.

Embrace the Learning Process

The journey brings invaluable lessons and insights. Appreciate each step as part of your development.

Adjust Expectations

Progress rarely follows a straight path. Adjusting expectations helps weather the twists and turns.

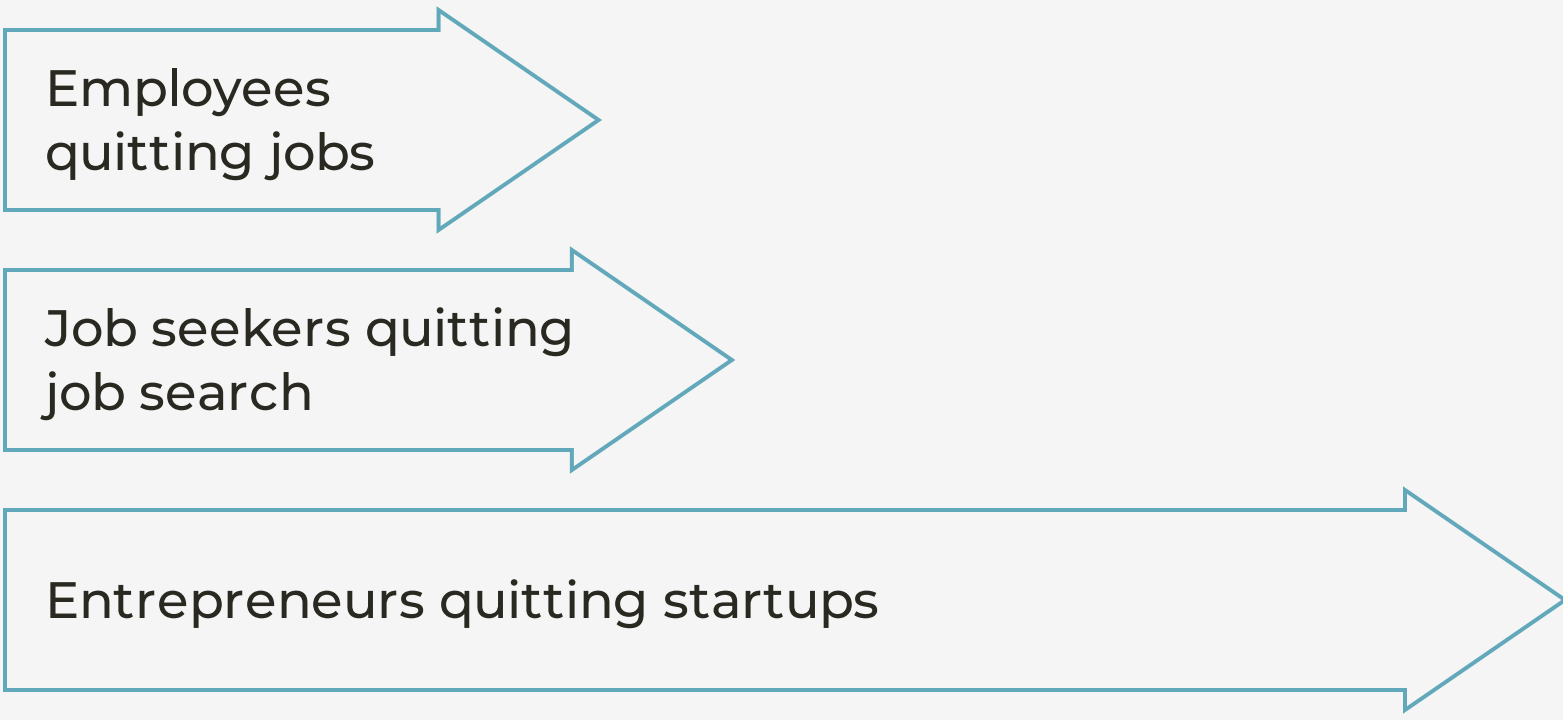
Celebrate Small Wins

Each forward step is a victory. Recognize and celebrate your progress along the way.

Ask for Help When Needed

Support from others smooths the path. Seek assistance to keep moving ahead.

Pillar 2



Employees
quitting jobs

The diagram consists of three horizontal arrows pointing to the right, stacked vertically. Each arrow has a light blue outline and a white fill. The top arrow is the shortest, the middle arrow is medium length, and the bottom arrow is the longest. Each arrow contains black text. The top arrow contains 'Employees quitting jobs', the middle arrow contains 'Job seekers quitting job search', and the bottom arrow contains 'Entrepreneurs quitting startups'.

Job seekers quitting
job search

Entrepreneurs quitting startups

Pillar 3

Karma is an important pillar for guiding us on life's winding path. It reminds us to keep moving forward with purpose, fueled by our dreams and resilience. Karma provides a compelling reason to persist despite obstacles or setbacks.

