

KEY TAKEAWAYS

- The only thing certain is uncertainty.
- We have to be okay with that discomfort in order to grow and improve.
- If you keep telling yourself you'll start something later, when "the planets are aligned" the reality is, you'll never do it.
- There are two types of people in this world: dabblers and masters. To achieve kaizen, you have to be a master
- Masters are flexible, adaptable, and open to change and trying new things. They embrace a growth mindset.