

改善 KAIZEN

DATE: _____ FOCUS WORD/PHRASE FOR THE WEEK: _____

SPECIAL EVENTS THIS WEEK: _____

“Even if you fall on your face, you’re still moving forward.”
—Victor Kiam

“First we form habits, then they form us. Conquer your bad habits or they will conquer you.”
—Rob Gilbert

“Mental toughness is to physical as four is to one.”
—Bobby Knight

“He who stands for nothing will fall for anything.”
—Alexander Hamilton



Self Efficacy 1 2 3 4 5 6 7 8 9 10



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“Physical strength can never permanently withstand the impact of spiritual force.”
—Franklin D. Roosevelt



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“Be true to your work, your word, and your friends.”
—John Boyle O’Reilly

“I think I fall in love a little bit with anyone who shows me their soul. This world is so guarded and fearful. I appreciate rawness so much.”
—Anon.