



**Quotes
on
Habits**

Three major ingredients of a New Habit Formation



It takes 21
days
to change
Or
form a new
habit

HABITS



“I never could have done what I have done
without the habits of punctuality,
order and diligence ,
without the determination to concentrate on one subject at a
time” -Charles Dickens



"You sow an action,
you reap a habit"

"you sow a habit,
you reap a character"

"You sow a character,
you reap a destiny"

AEFR

💡 Think Lean...



A



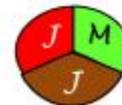
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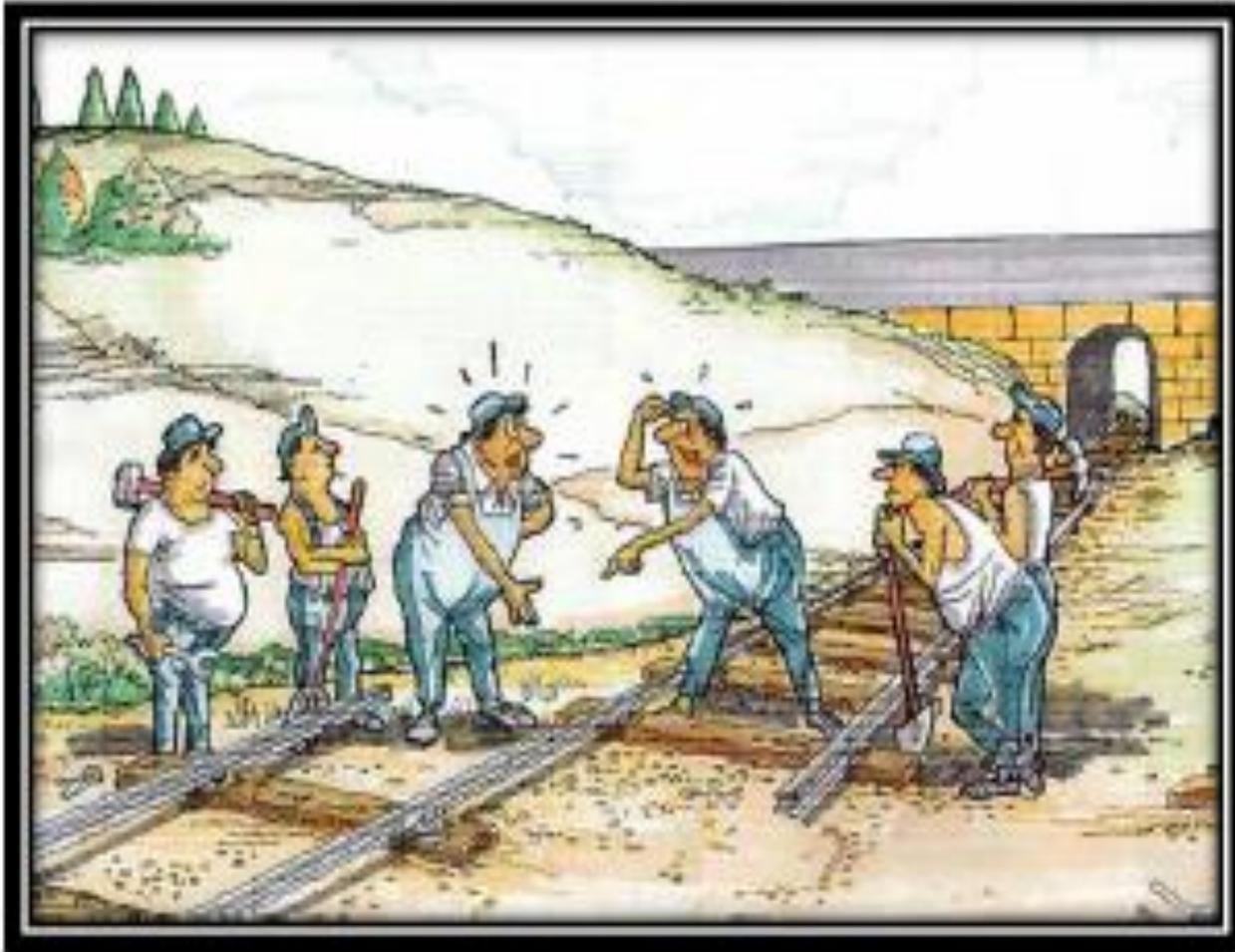
R



F



JMJ Lean Consulting Group
Your Partners in Growth



Blame theory
due
to Miss-
Alignment with
Top,
Horizontal
And
Bottom



Positive leader
spends
10%
time on problem
and
90%
time in solution
mode



A
WARSHIP
is safe in
harbor ,
But
that is not
what they are
made for

Be the
light house
(Direction setter)
for
your followers



Accept
Tough
Challenges
and be an
Achiever



Be
A
Coach



Be
a
Team
Player

And

a
Team
Builder



Aspirations



A New Aspiration



Be
Analytical

Your Attitude Will Decide Your Altitude





Believe in
everyone but
trust no one,
trust only
actions on
ground work



Courage is
not absence
of fear ,
it is
overcoming
of fear

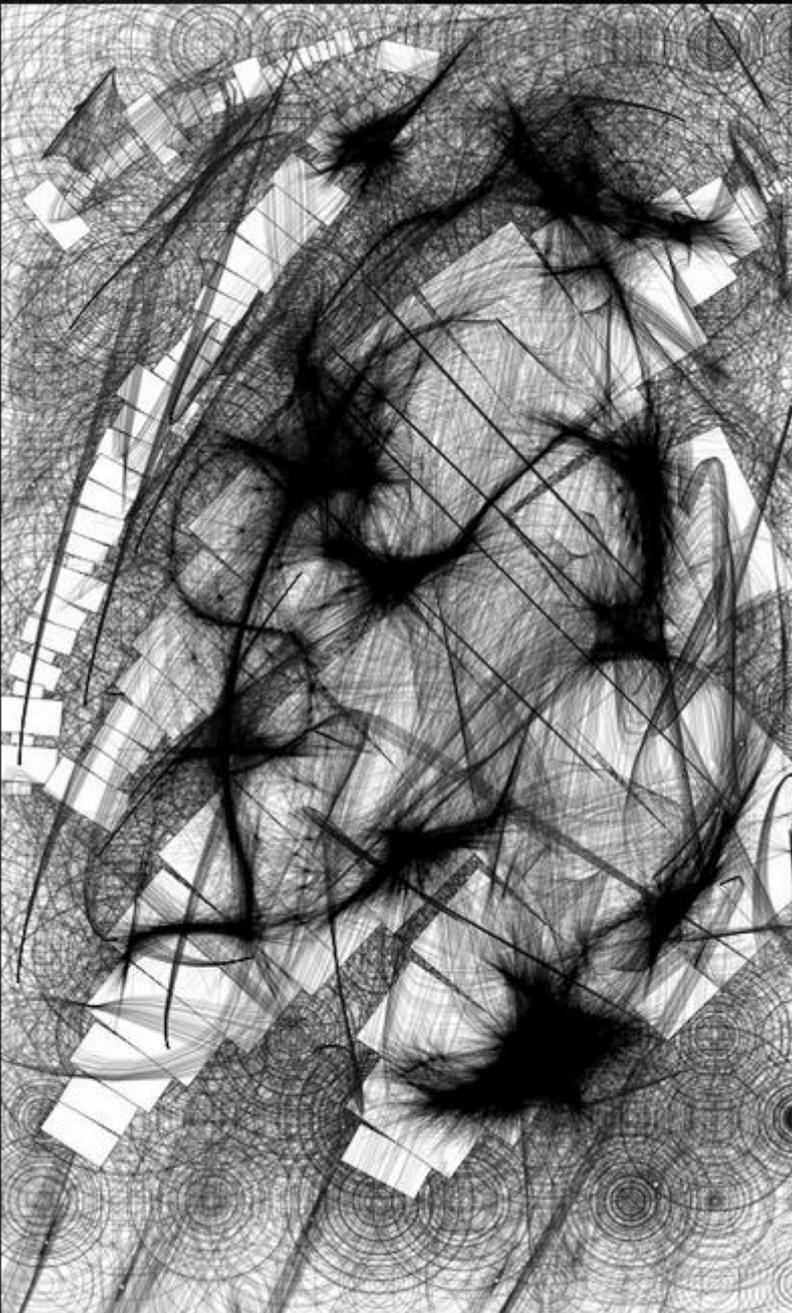
Believe in
yourself



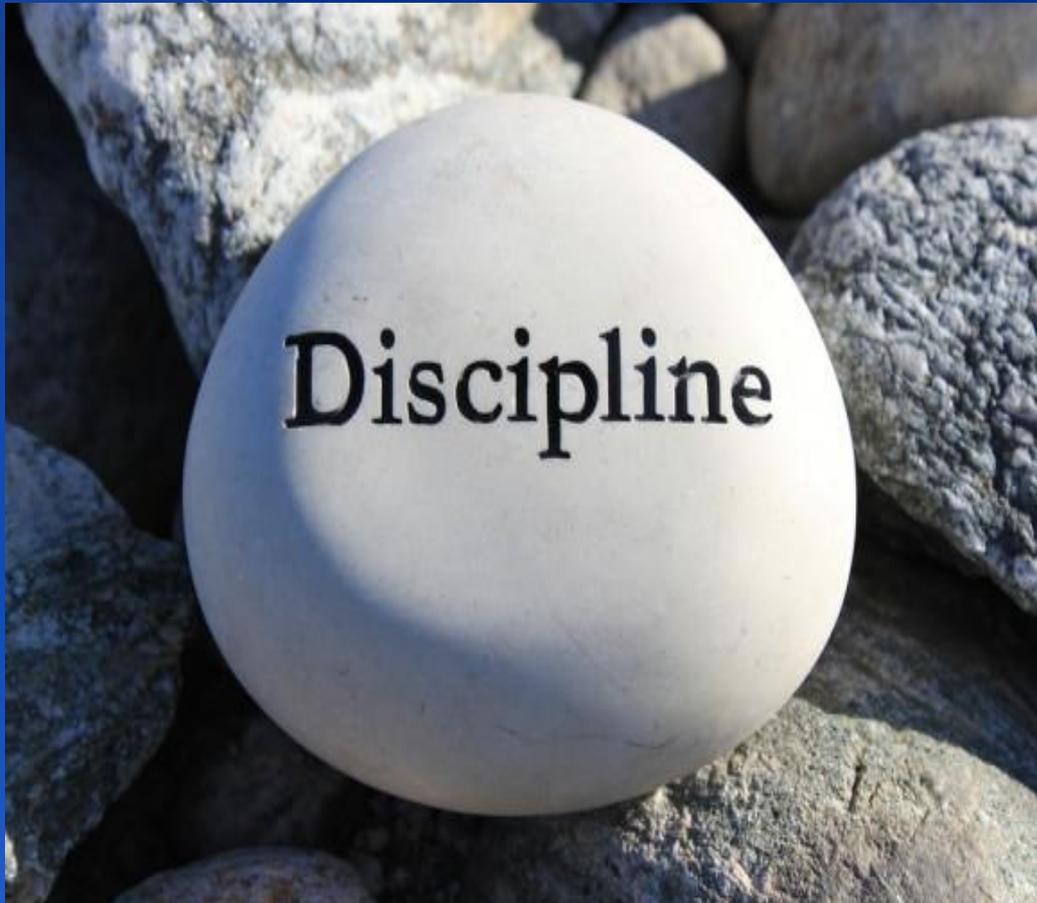
Build your self confidence and always say
"I can and I will , do it"



Change
your
habits,
change
your life



Be
a
problem
solver



**Discipline is the
bridge
between
your current
position
and
GOAL**



“Build
people”

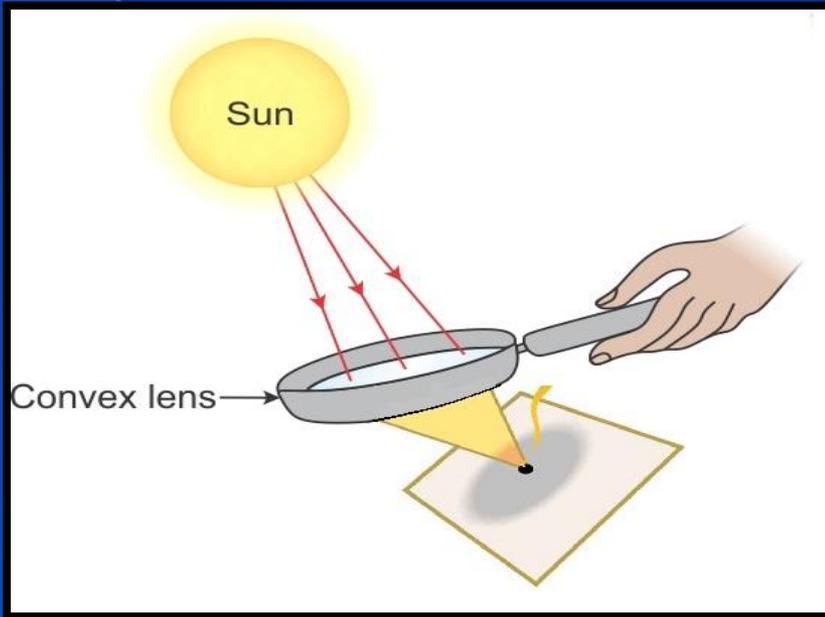


Good person
change others,
Better people,
change the
system
Best person ,
change himself



Have
“SMART”
Goal

Learn To Focus



Nothing in between you and the target





Let your goal be written on concrete
and let your path in sand



Bad



OK



Good



Great

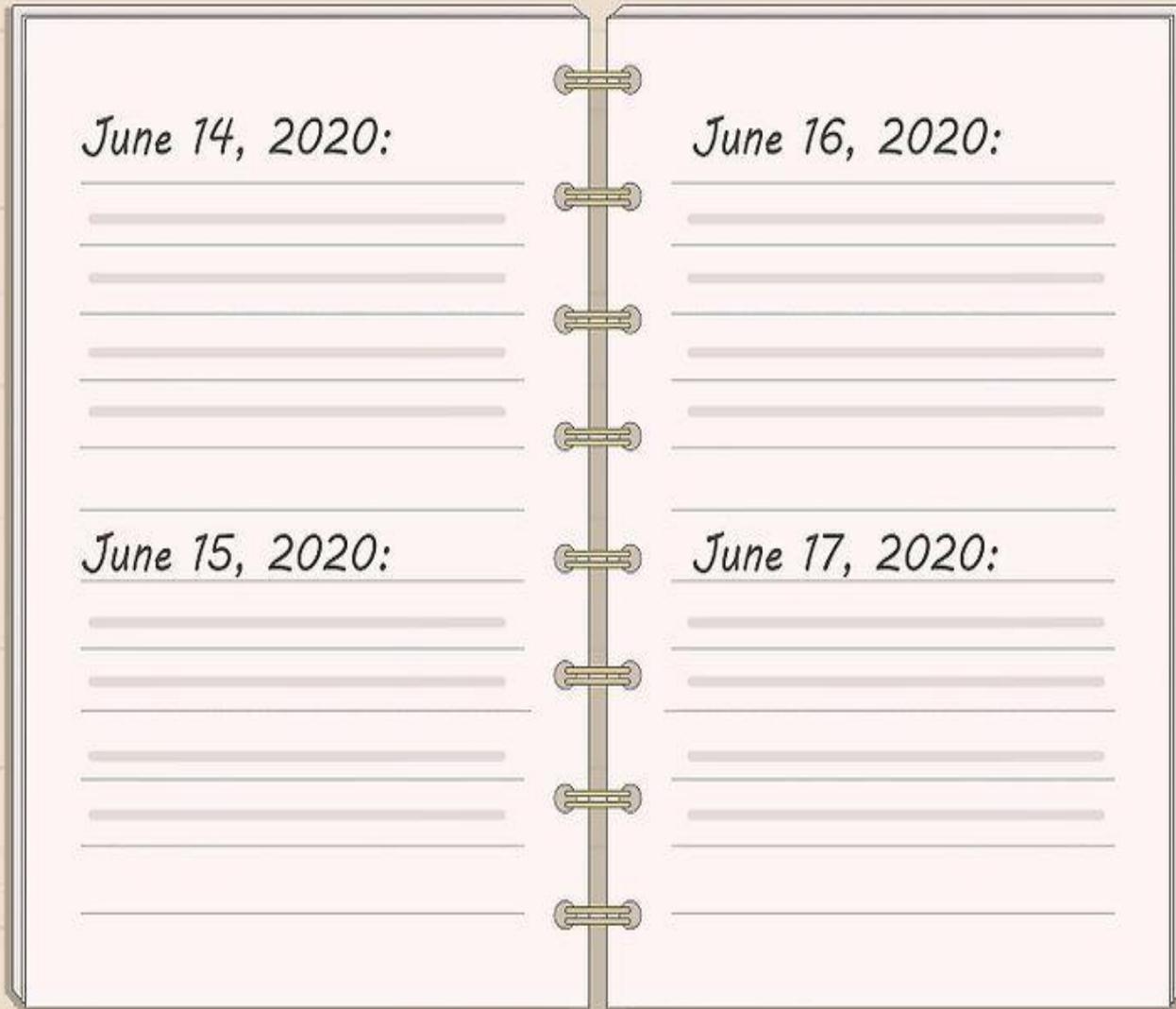


Journey from
customer
satisfaction
to delight





Rise Early



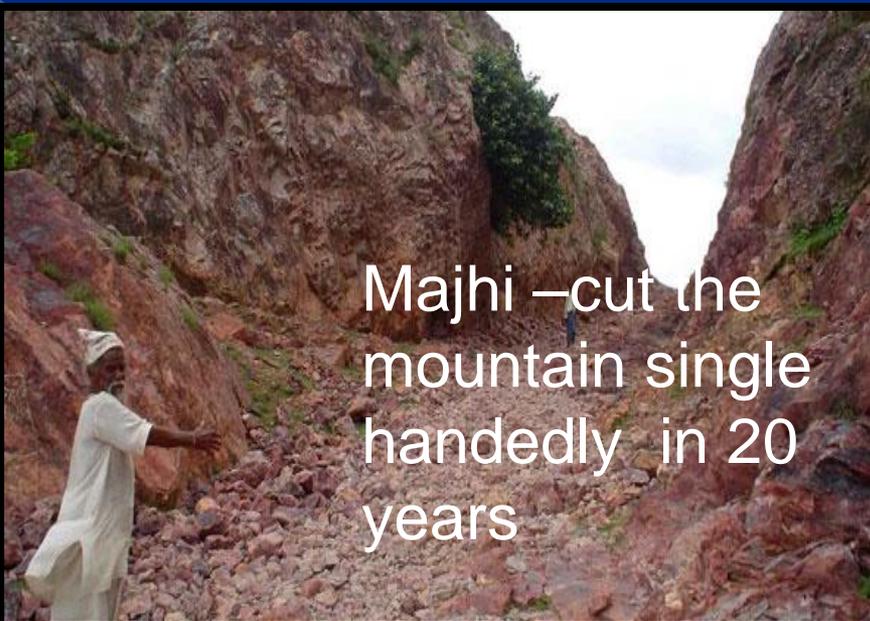
Maintain
a
journal

Listen To Soft Music





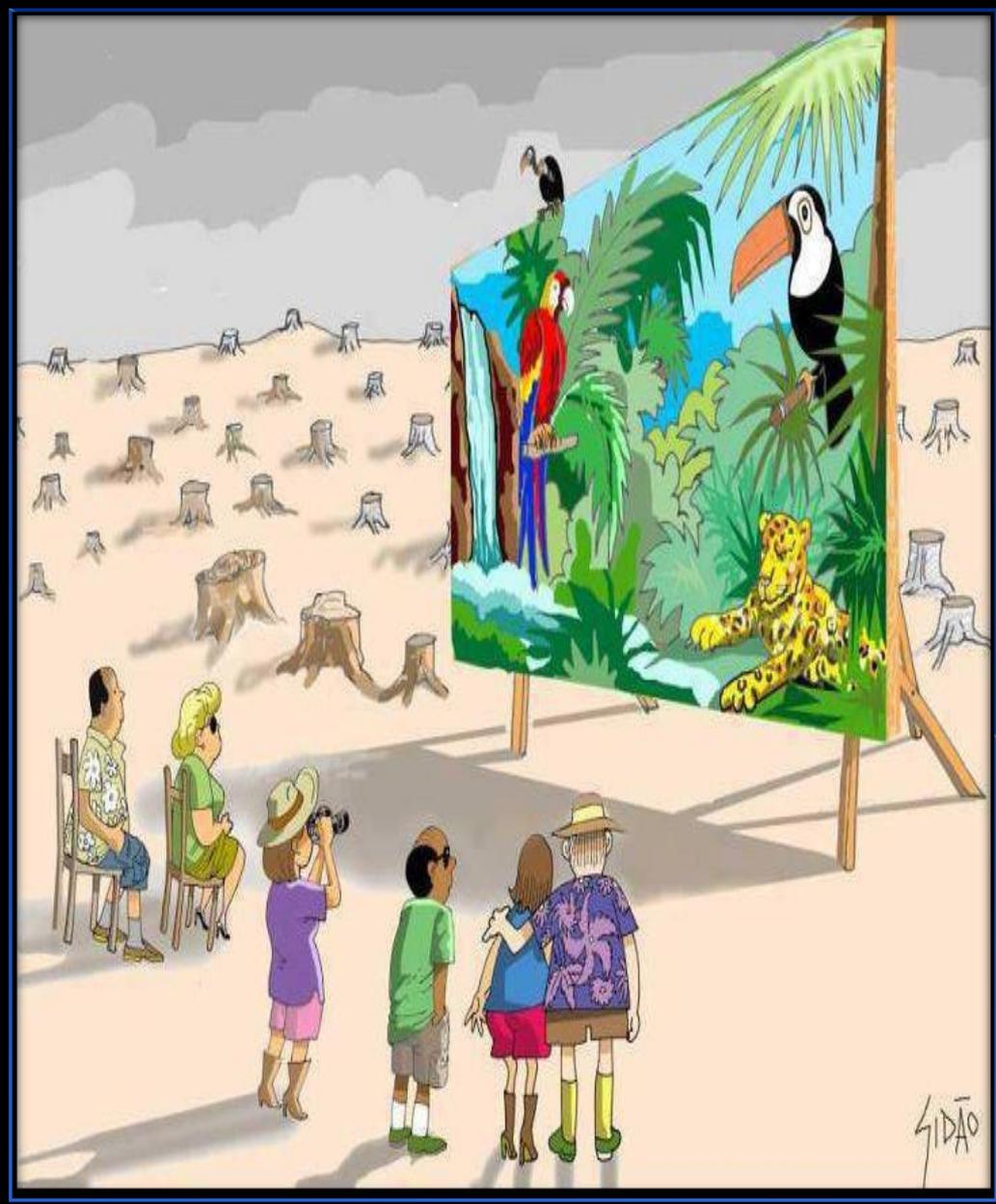
You can not
change the
direction the
wind ,but
can adjust
your sails to
propel



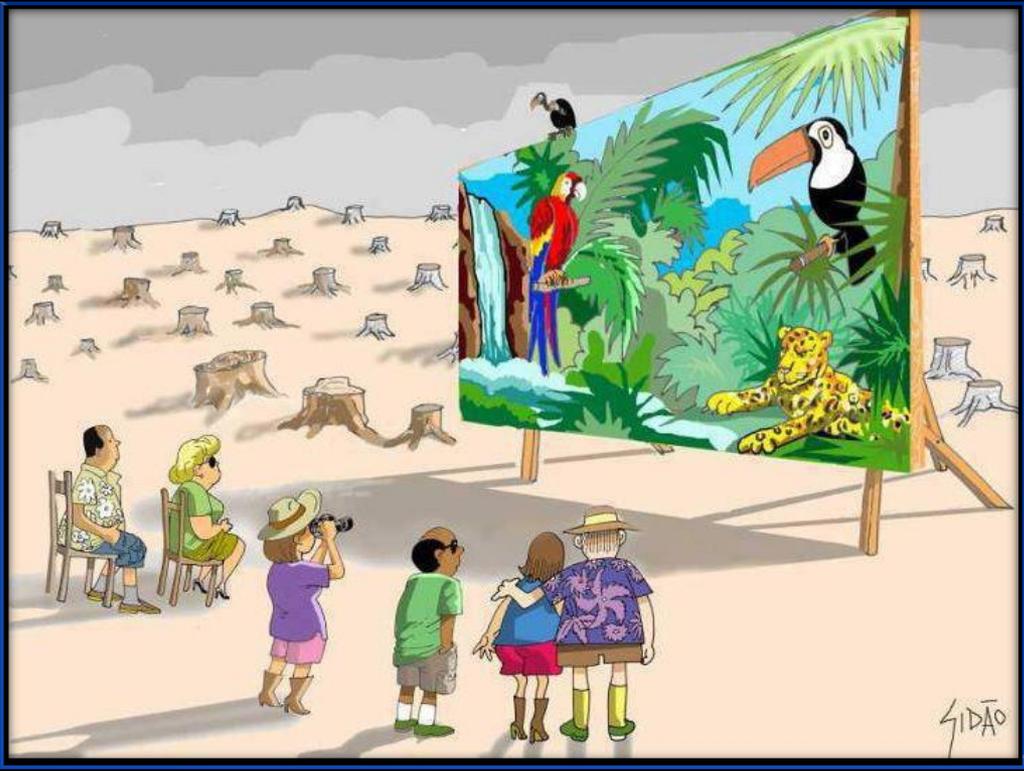
Majhi –cut the mountain single handedly in 20 years

“Sometimes adversity is what you need to face in order to become successful”
- Zig Ziglar





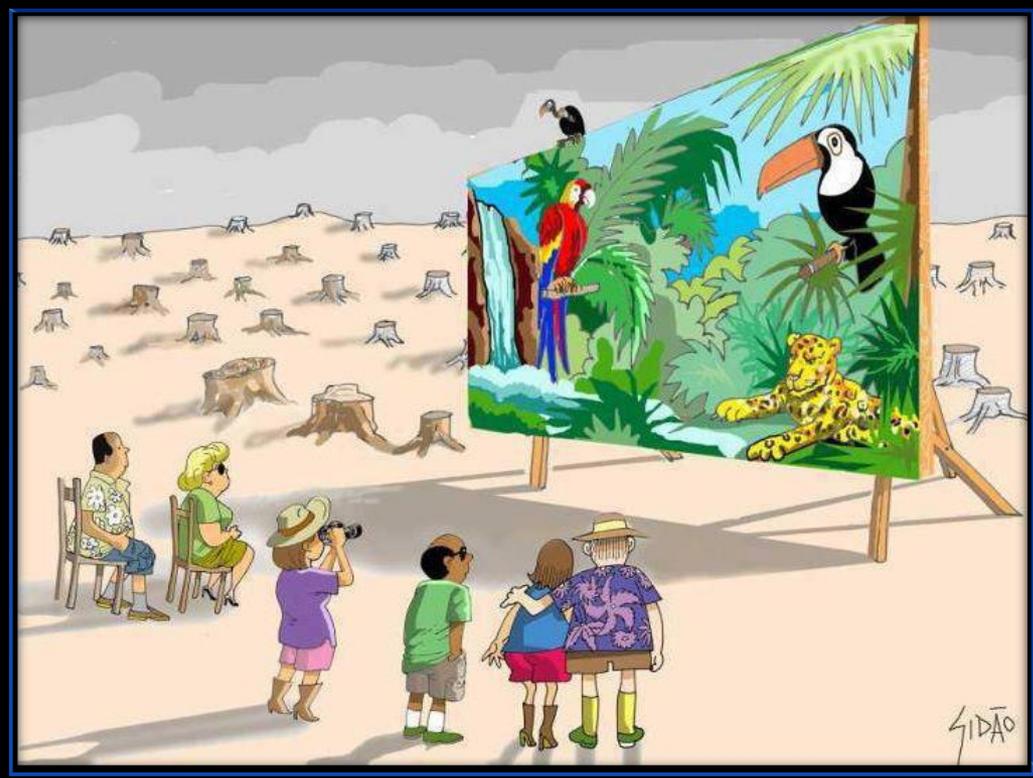
All
adversities
have hidden
seeds of
opportunities



All adversities have
“OFI”(Opportunities of
Improvement)

Adversity, it can break you or
make you if you let it, the
choice is yours

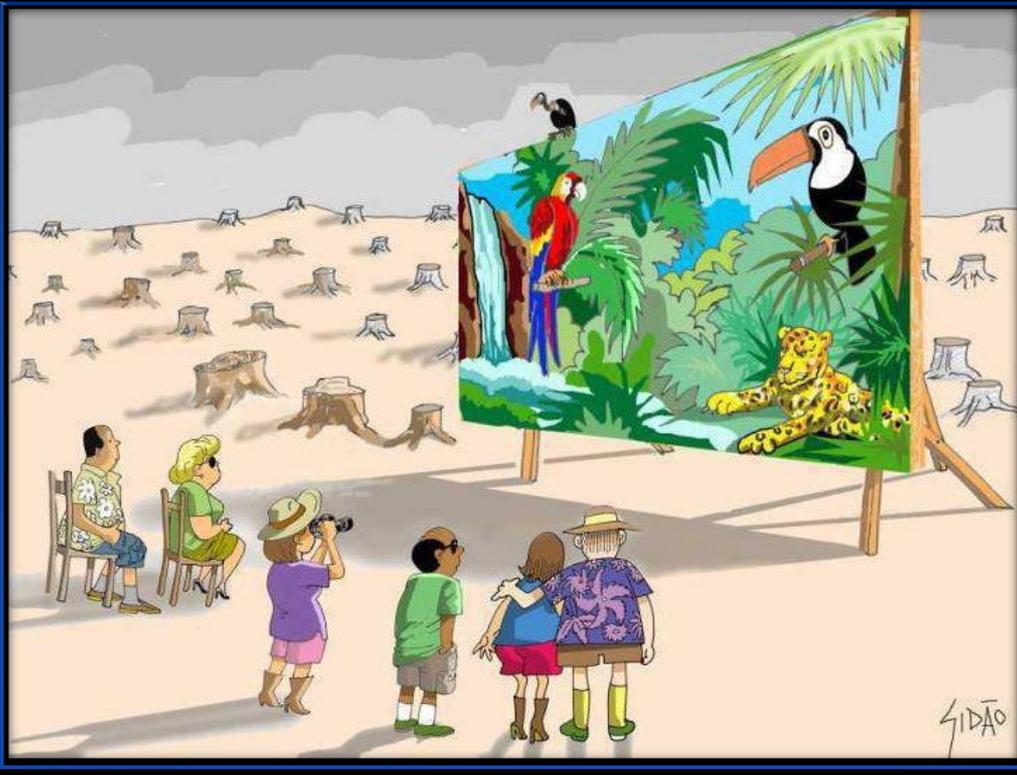
Many are touched by adversity, they fall down and they never
get back up, whereas some go through adversity and discover
their true self



A “Adversity causes some men to break; others to break records.” - William Arthur Ward

“Ones best success comes after their greatest disappointments.” - Henry Ward Beecher

“Hardships often prepare ordinary people for an extraordinary destiny.” - C.S. Lewis

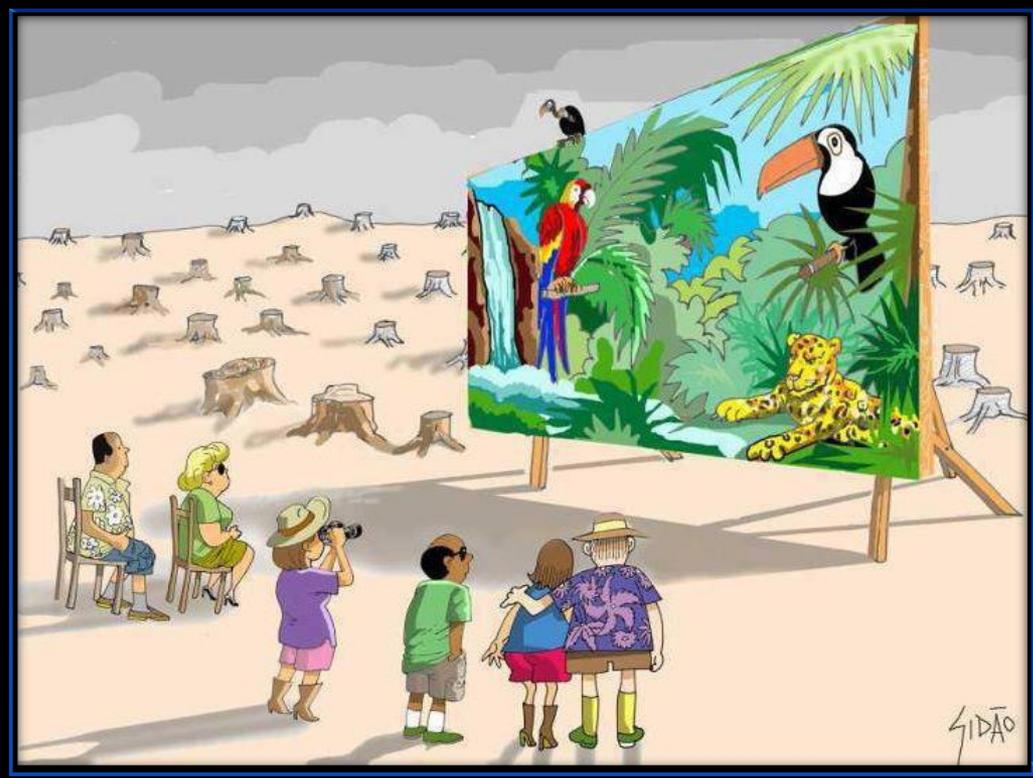


“Adversity introduces a man to himself.” - Albert Einstein

“It’s the man who overcomes adversity that is the true champion.” - Jock Ewing

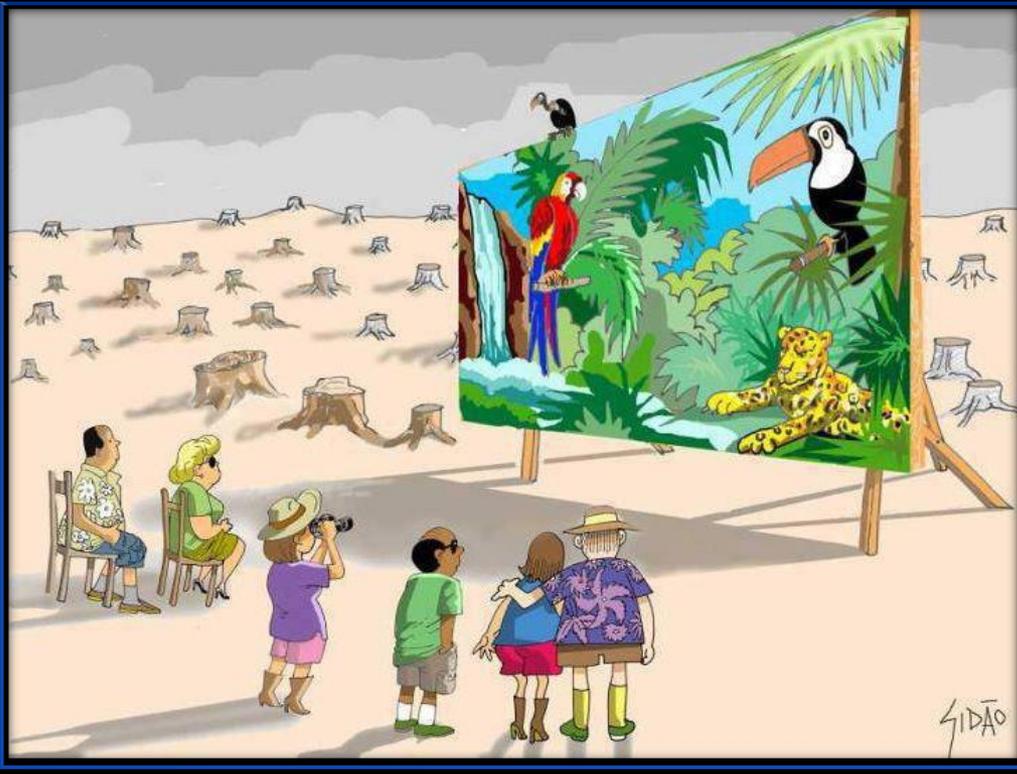
“I can bounce back from adversity and reinvent my life – it’s possible.” - Les Brown

“Prosperity tries the fortunate, adversity the great.” - Rose Kennedy



“Strength does not come from winning. Your struggles develop your strengths. When you go through hardships and decide not to surrender, that is strength.” Mahatma Gandhi

“Stars can’t shine without darkness.” - Anonymous



“An optimist sees the opportunity in every difficulty.” - Winston Churchill

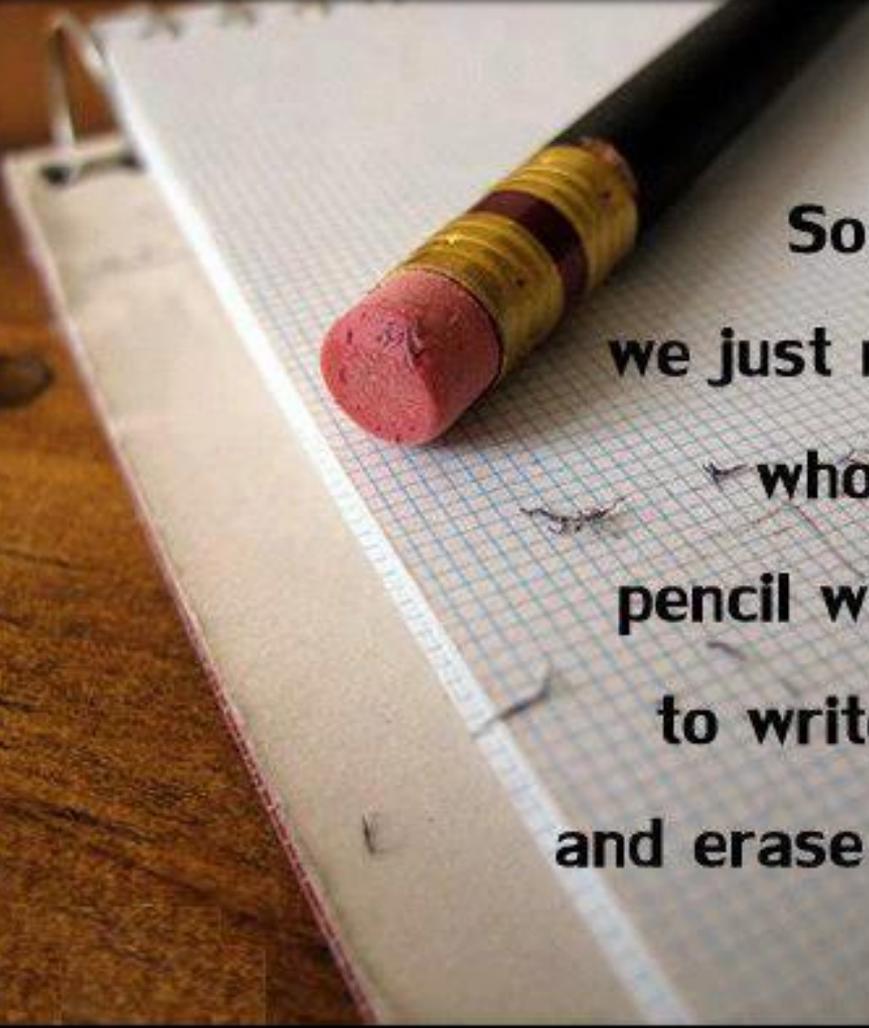
“There is no education like adversity.” - Benjamin Disraeli

“Bend of the road is not end of the road”

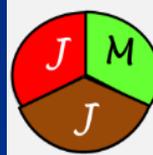
“Your hardest times often lead to the greatest moments of your life.” - Anonymous



Care
is
unconditional
love

A close-up photograph of a pencil with a red eraser and a yellow and purple band, lying on a white notepad with a blue grid pattern. The notepad is placed on a wooden surface.

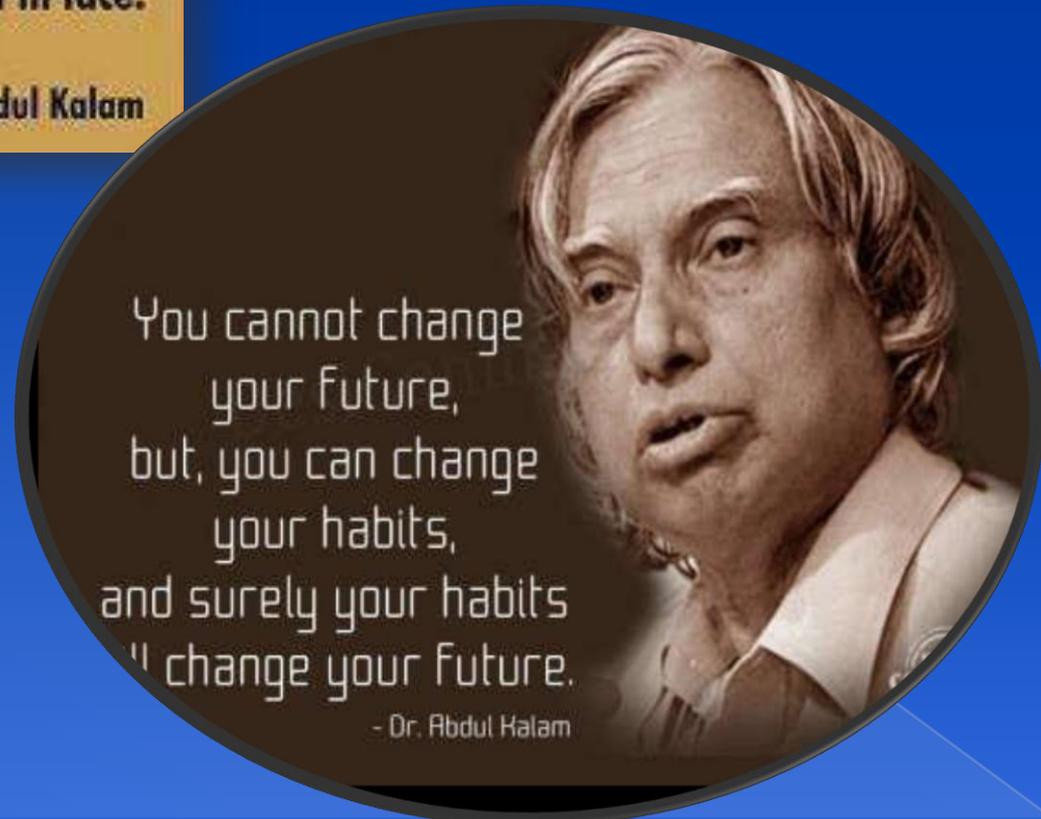
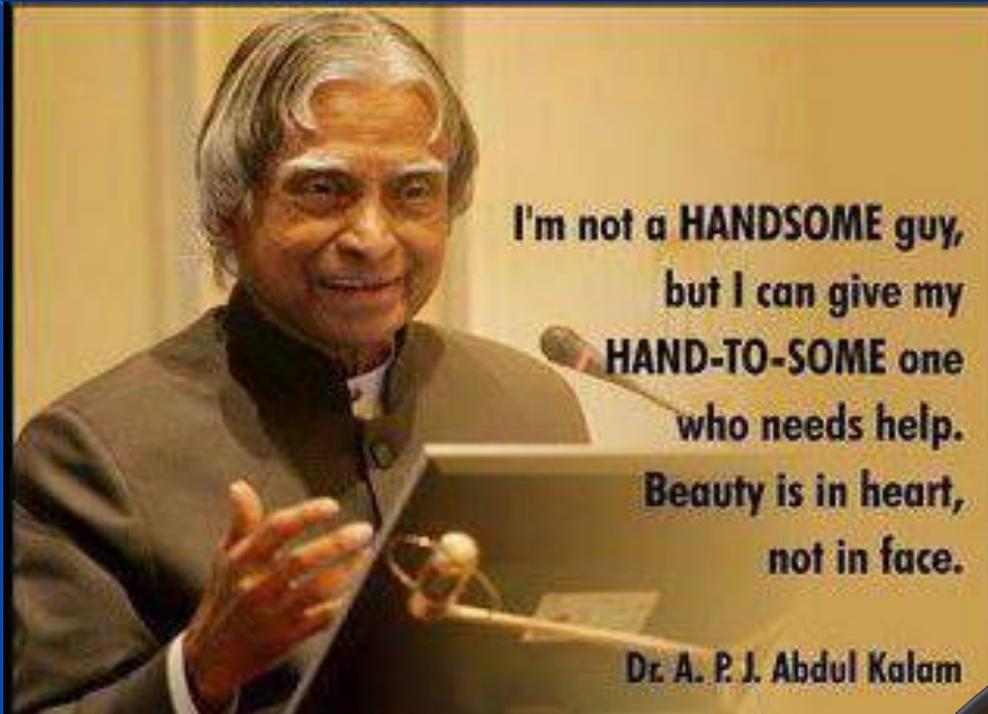
**Sometimes
we just need someone
who is like a
pencil with an eraser,
to write happiness,
and erase all the sadness.**



**Empty Pockets
teaches you
a million things in life "**

But,

**"Full Pockets
spoils YOU
in a million ways."**

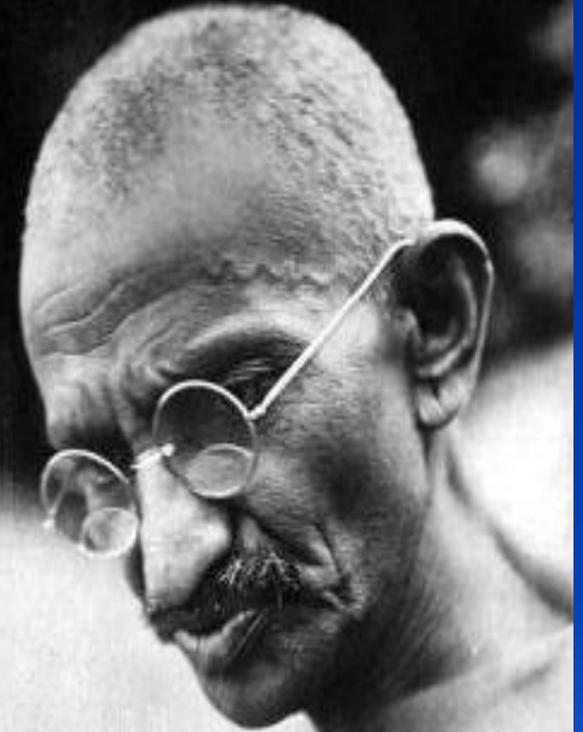


*An arrow can only be
shot by pulling it
backward.*

*When life is
dragging you back
with difficulties, just
imagine that it's going to
launch you into something great :)*



**“FIRST THEY IGNORE YOU,
THEN THEY LAUGH AT YOU,
THEN THEY FIGHT YOU,
THEN YOU WIN.”**



Mahatma Gandhi

(Indian Philosopher, internationally esteemed for his doctrine of nonviolent protest, 1869-1948)

Two things help success in life

The way you
MANAGE
when you
have nothing



The way you
BEHAVE
when you
have everything



Accept
your past without regrets
handle your present with
confidence
and face your future without
fear

Follow your dreams: <https://www.facebook.com/followyourdreamstoachieve>

EGO - KILL IT

LOVE - VALUE IT

SMILE - KEEP IT

GOSSIP - IGNORE IT

SUCCESS - ACHIEVE IT

JEALOUSY - DISTANCE IT

KNOWLEDGE - ACQUIRE IT

CONFIDENCE - TRUST IT



Every new day is
another chance to
change your life.

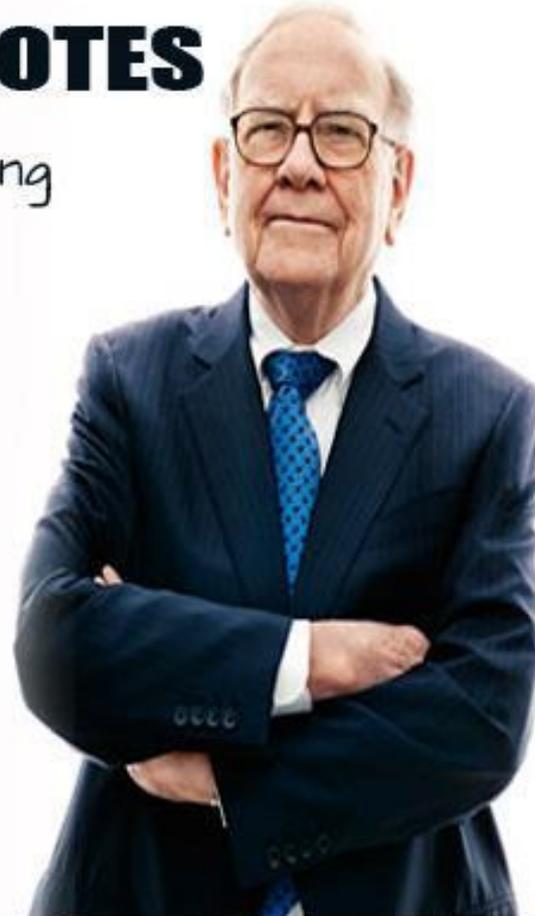
WARREN BUFFETT QUOTES

Risk comes from not knowing
what you're doing.

Price is what you pay.
Value is what you get.

Someone's sitting in the shade
today because someone planted a
tree a long time ago.

You only find out who is swimming
naked when the tide goes out.



fb.com/QuotesMug

Someone asked God
"If everything is already written in destiny, then why
should we wish for something?"

God smiled and said, Maybe in few places I have
written "As you wish"

~ rishikajain.com

You need Power,
only when you want to do
something Harmful,
Otherwise Love is Enough to get
everything done.....

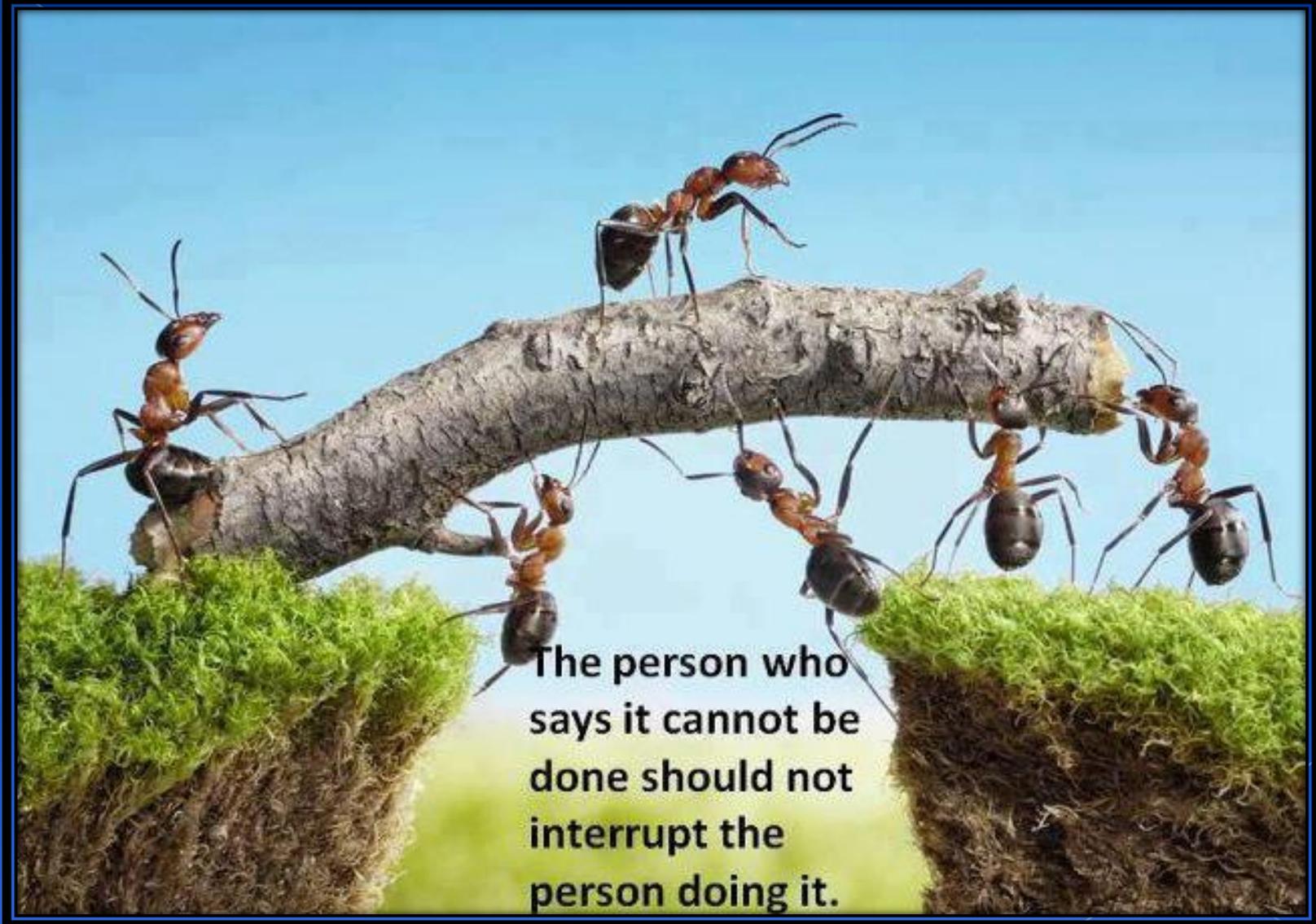
Five Simple Rules For Happiness:

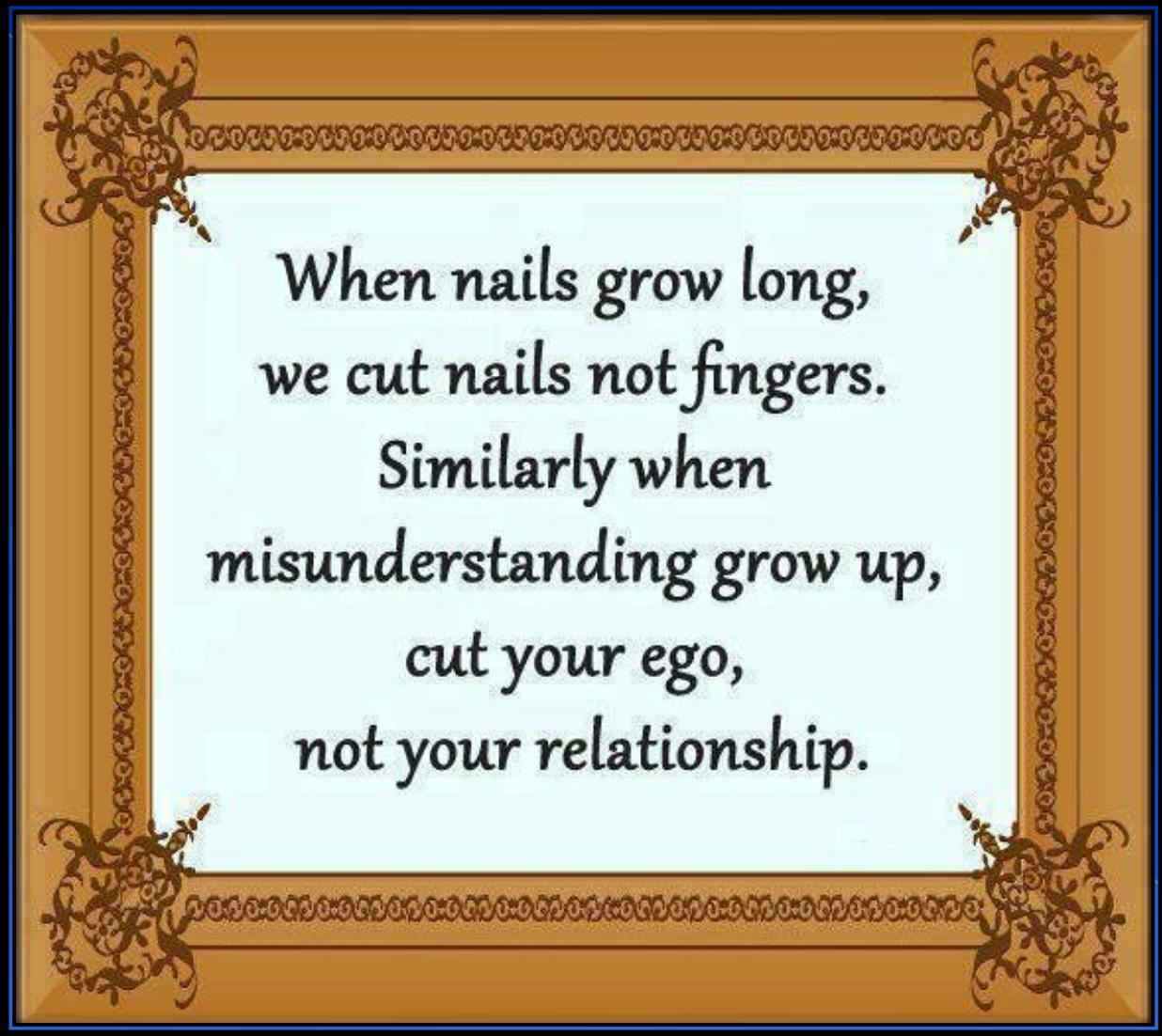
1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

**Be bold when you loose
and be calm when you win.**



Heated gold becomes ornament.
Beaten copper becomes wires.
Depleted
stone becomes statue. So the
more pain you get in life you
become more valuable.



A decorative frame with a gold border and ornate floral corner pieces in each of the four corners.

When nails grow long,
we cut nails not fingers.
Similarly when
misunderstanding grow up,
cut your ego,
not your relationship.

A close-up photograph of a pencil with a black body and a yellow eraser, lying diagonally across a spiral-bound notebook with a grid pattern. The pencil's eraser tip is red and appears to be in use, with some eraser residue on the paper.

**Sometimes
we just need someone
who is like a
pencil with an eraser,
to write happiness,
and erase all the sadness.**

Don't let someone who gave up
on their dreams talk you out of
yours.

- Zig Ziglar

Whether you think you can,
or think you can't. You're
right.

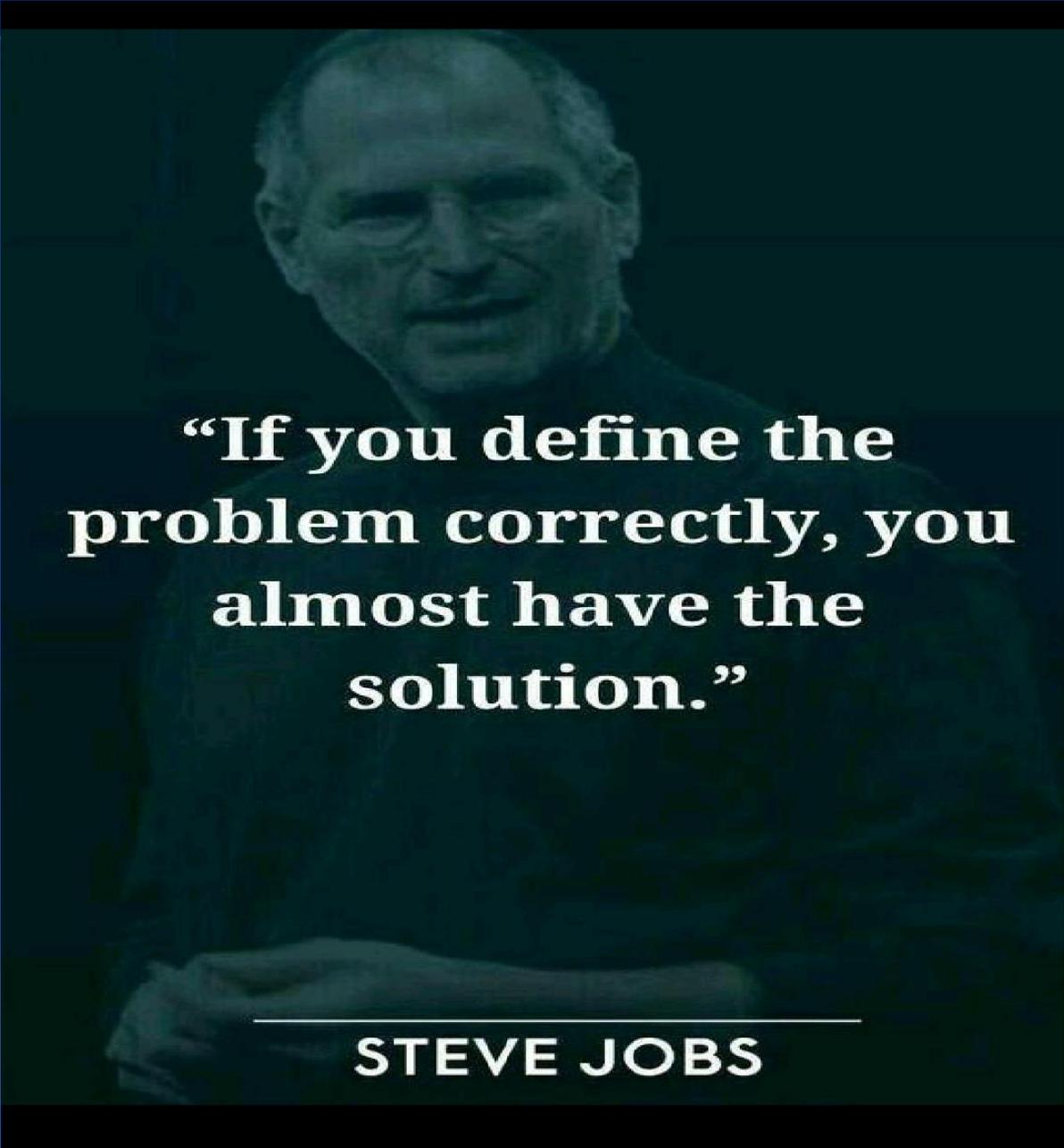
- Henry Ford

The two most important days in your life are the day you are born, and the day you find out why.

- Mark Twain

POSITIVE: The positive thinker sees the invisible, feels the intangible, and achieves the impossible.

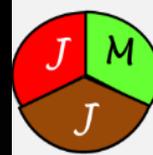
- Winston Churchill

A dark, semi-transparent portrait of Steve Jobs is visible in the background of the slide.

**“If you define the
problem correctly, you
almost have the
solution.”**

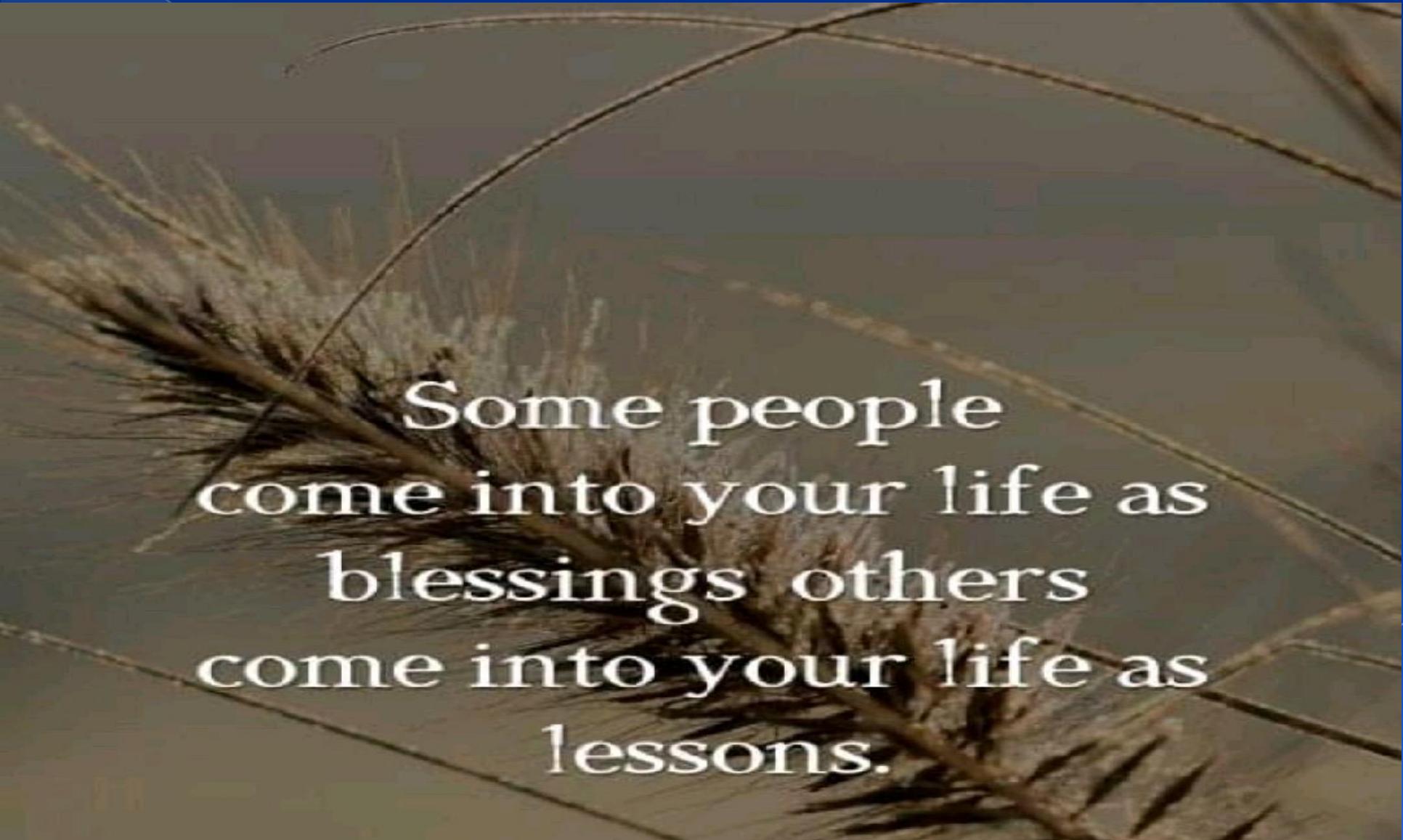
STEVE JOBS

If no body pats for you for consistency
of
your work or achievements,
take your right hand and pat on your
shoulders -
become your biggest fan



"Love your Parents
and treat them
with Loving Care.
For you will only
know their value
when you see
their empty
chair."



The background features a close-up of a dried, brown plant with long, thin, curved stems and a cluster of dried, spiky seed heads. The plant is set against a soft, grey, overcast sky.

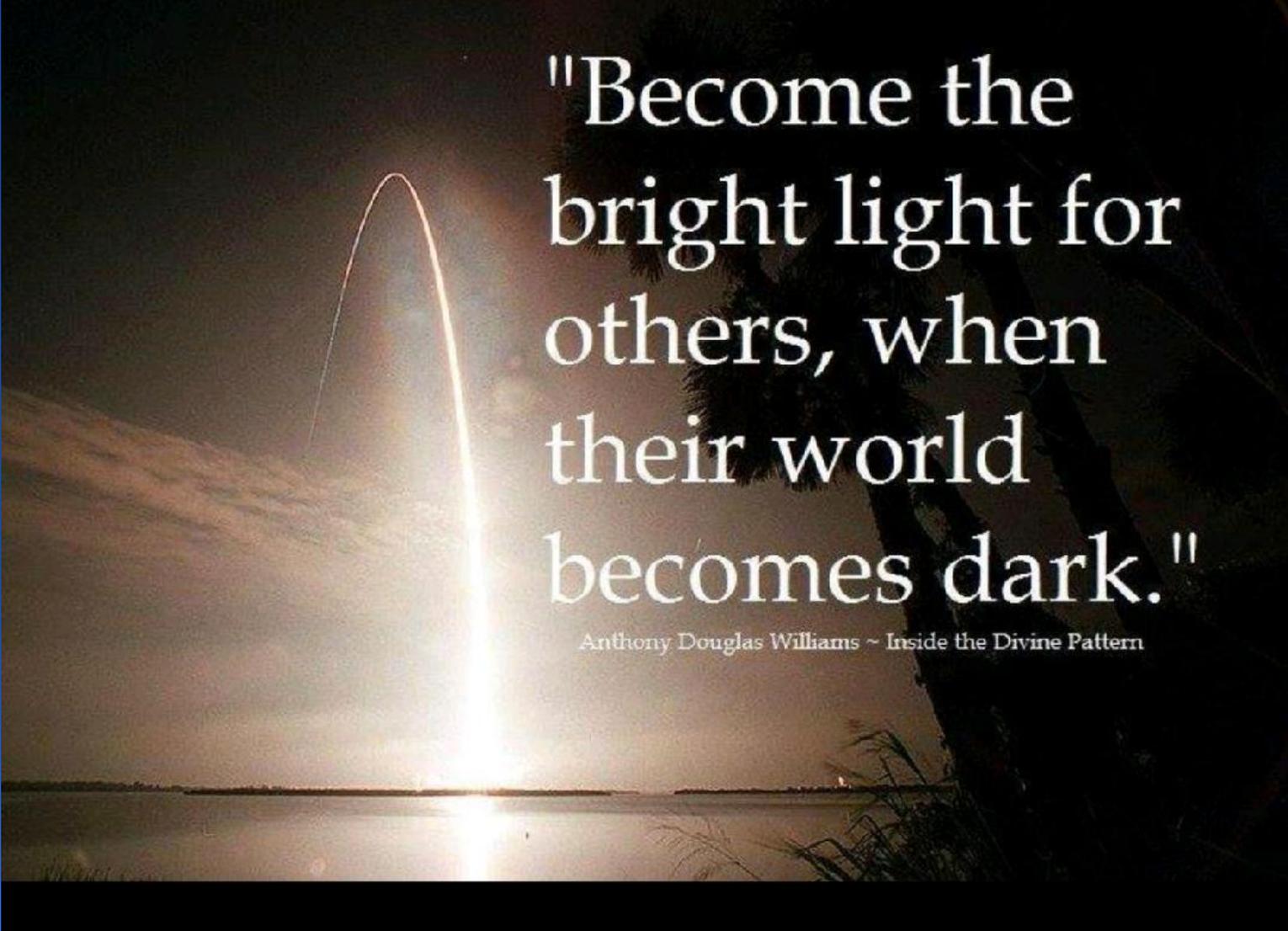
Some people
come into your life as
blessings others
come into your life as
lessons.



The secret of
getting ahead is
getting started

MARK TWAIN

Ziglar.com



"Become the
bright light for
others, when
their world
becomes dark."

Anthony Douglas Williams ~ *Inside the Divine Pattern*



KNOWLEDGE

is knowing
what to say.

WISDOM

is knowing
when to say it.

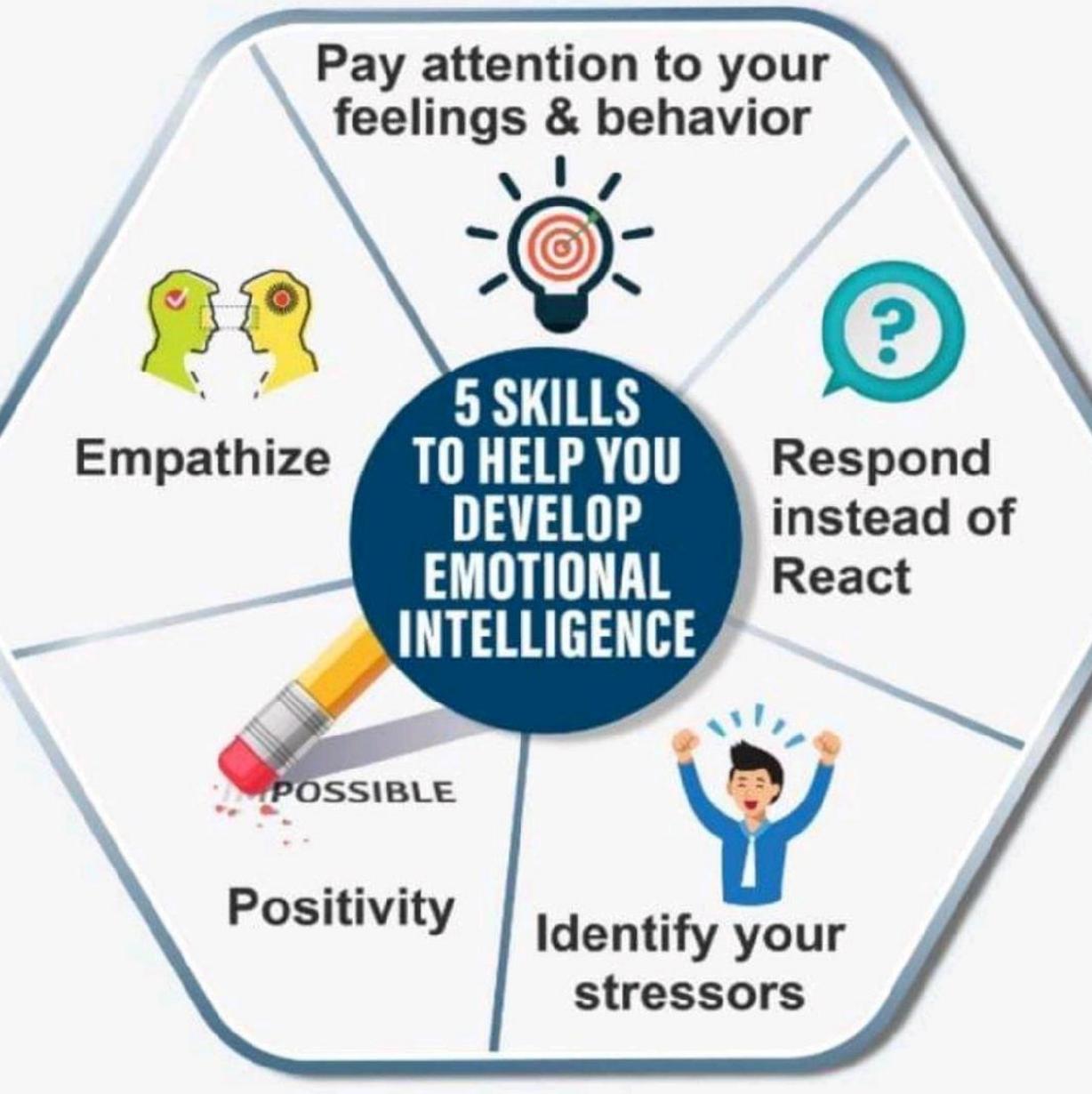




Promise yourself you'll
never
Give up.

A photograph of a sunset over a road. The sun is a bright yellow circle on the horizon, partially obscured by a line of trees. The sky is a mix of orange and yellow. The road is a two-lane asphalt road with white dashed lines, leading into the distance. The surrounding area is lush with green trees and foliage.

Every day starts with some
'Expectations' But every day ends
with some 'Experience'. This is Life...
So enjoy the day, every day !!



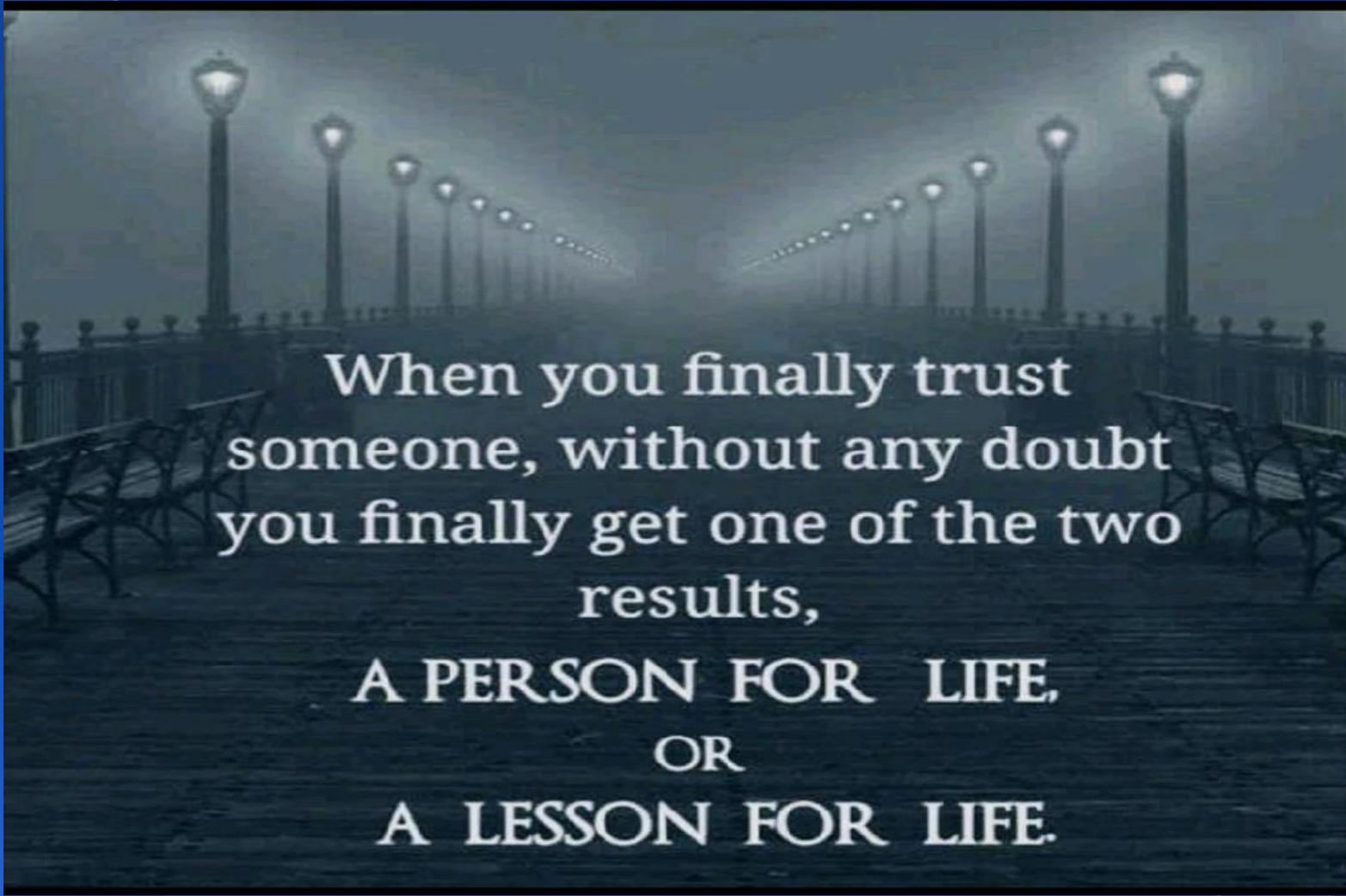
Everything is Temporary...
thoughts, emotion, people and scenery.



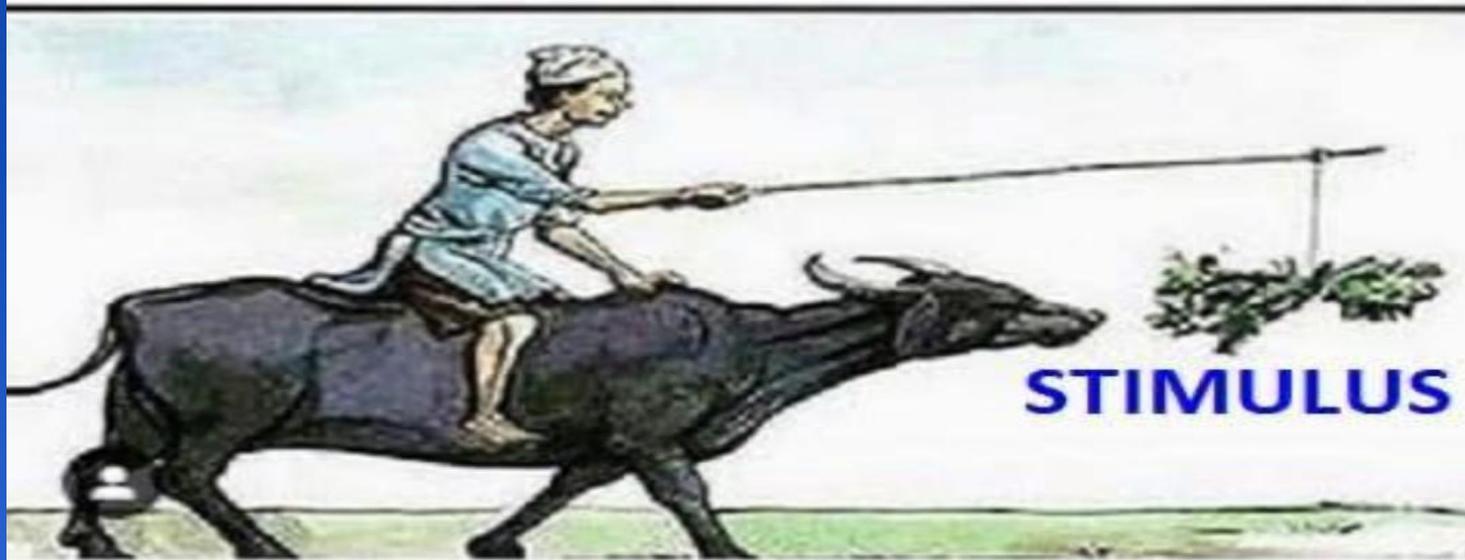
*Do not become attached,
just flow with it*

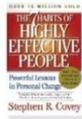
"SUCCESS IS A JOURNEY NOT A DESTINATION"



A dark, foggy street scene with a row of streetlights and benches. The streetlights are illuminated, and the fog creates a sense of depth and mystery. The benches are arranged in a row on either side of the street.

When you finally trust
someone, without any doubt
you finally get one of the two
results,
A PERSON FOR LIFE,
OR
A LESSON FOR LIFE.

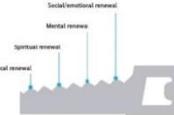




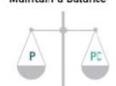
7 HABITS OF HIGHLY EFFECTIVE PEOPLE

Stephen R. Covey

7 Sharpen the saw



Maintain a balance

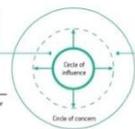


Desired result: Resources and needs

1 Be proactive!

Things you can influence:

- Mood
- Personal health
- Habits
- Choice of work
- Regional income
- Work/life balance



Factors outside of your control:

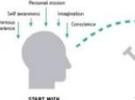
- Weather
- Politics
- Economics
- Public transport
- Other people's weaknesses
- Force major situations

Accept things as they are and learn to live with them.

Focus on and expand your sphere of influence.



2 Begin with the end in mind



Start with mental creation. Check up to physical creation.

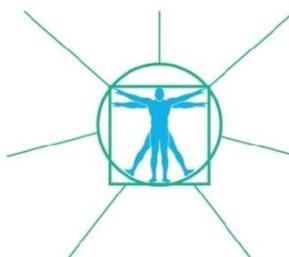
Draw up your personal mission statement:

- What do you want to be like? → CHARACTER
- What do you want to do? → CONTRIBUTIONS AND ACHIEVEMENTS
- Your principles and values → FOUNDATION FOR YOUR ACTIONS

6 Synergize

$1 + 1 = > 2$

In relationships the whole is more than the sum of its parts.



Conditions for synergy:

- Difficult tasks
- Balance of competition
- Mutual pursuit of interests
- Empathetic communication

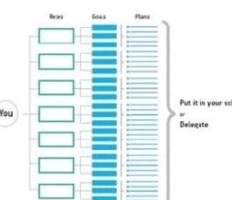
Requirements for cooperators:

- Recognize the limits of your own understanding and insufficiency of your experience
- Perform your strong points and compensate for your weakness
- Respect and value differences

3 Put first things first

IMPORTANT	Do right now. Urgent. Try to finish it as early as possible.	Make time. Schedule it and do it.
NOT IMPORTANT	Delegate. Delegate. Delegate. All which you can.	Turn down. Refuse. Refuse. Refuse.
	URGENT	NOT URGENT

Weekly planning in 2nd quadrant



Put it in your schedule & Delegate

5 Seek first to understand, then to be understood

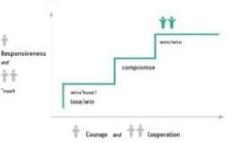
Answer → Be understood

Listen → Understand → Answer → Be understood

Become an empathetic listener



4 Think win/win



4 steps to win/win:

- Put yourself in the other person's shoes.
- Identify the key issues and concerns (not positions) not positions at stake.
- Identify outcomes that would be fully mutually beneficial.
- Think up new options and possibilities to make these happen.

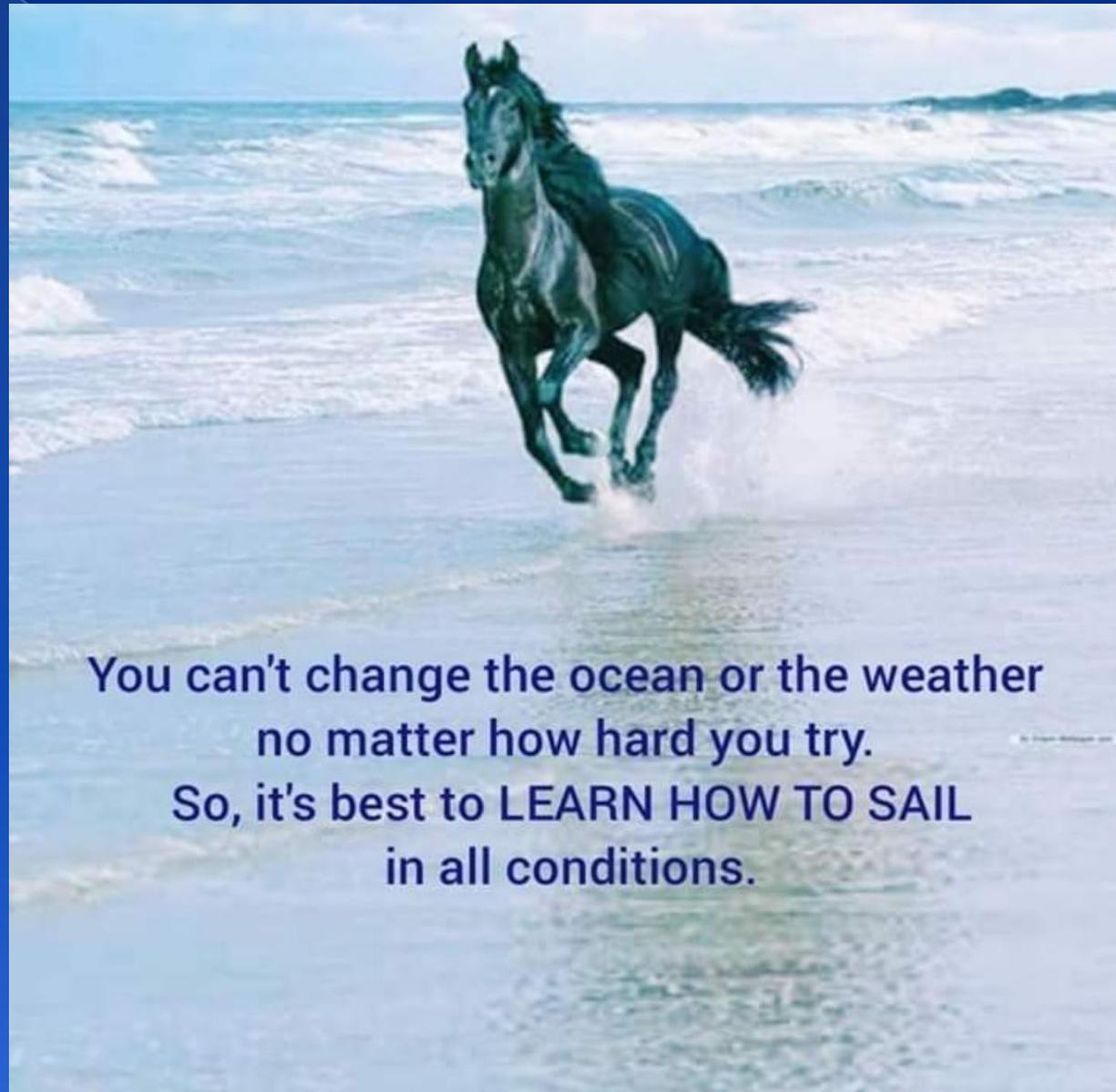
Seven Habits Of Highly Effective People

1. Be Proactive
2. Begin With The End In Mind
3. Put First Thing First
4. Play Win-win
5. Seek To Understand And Not To Be Understood
6. Synergy
7. Sharpen The Saw

Maturity line

DEPENDENCE (1st habit) → INDEPENDENCE (4th habit) → INTERDEPENDENCE (7th habit)

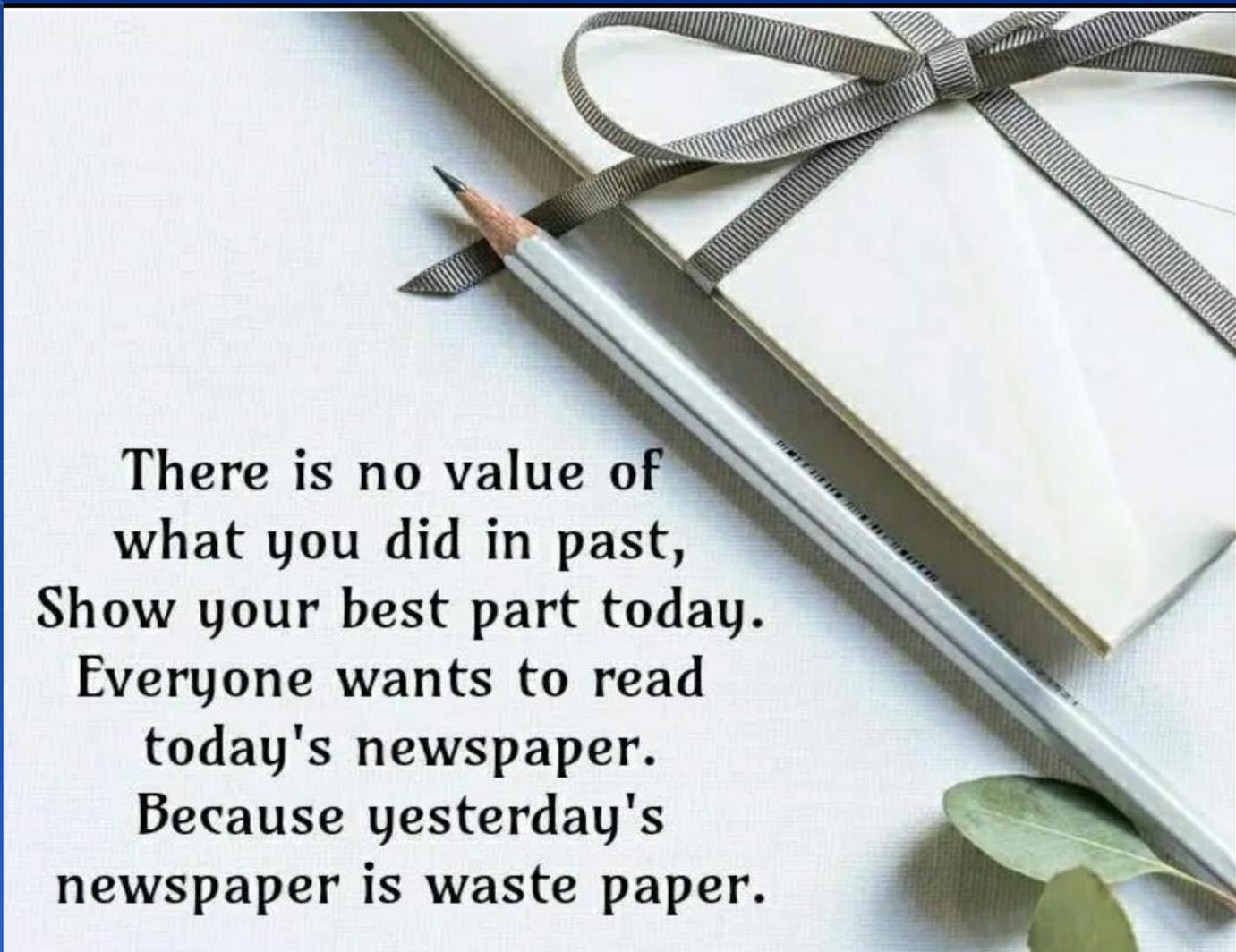
www.jmjleanconsultinggroup.com



You can't change the ocean or the weather
no matter how hard you try.
So, it's best to LEARN HOW TO SAIL
in all conditions.

Strive not to be
a success,
but to be of value.

Albert Einstein

A photograph of a white envelope tied with a grey ribbon, a silver pencil, and a green leaf on a white surface.

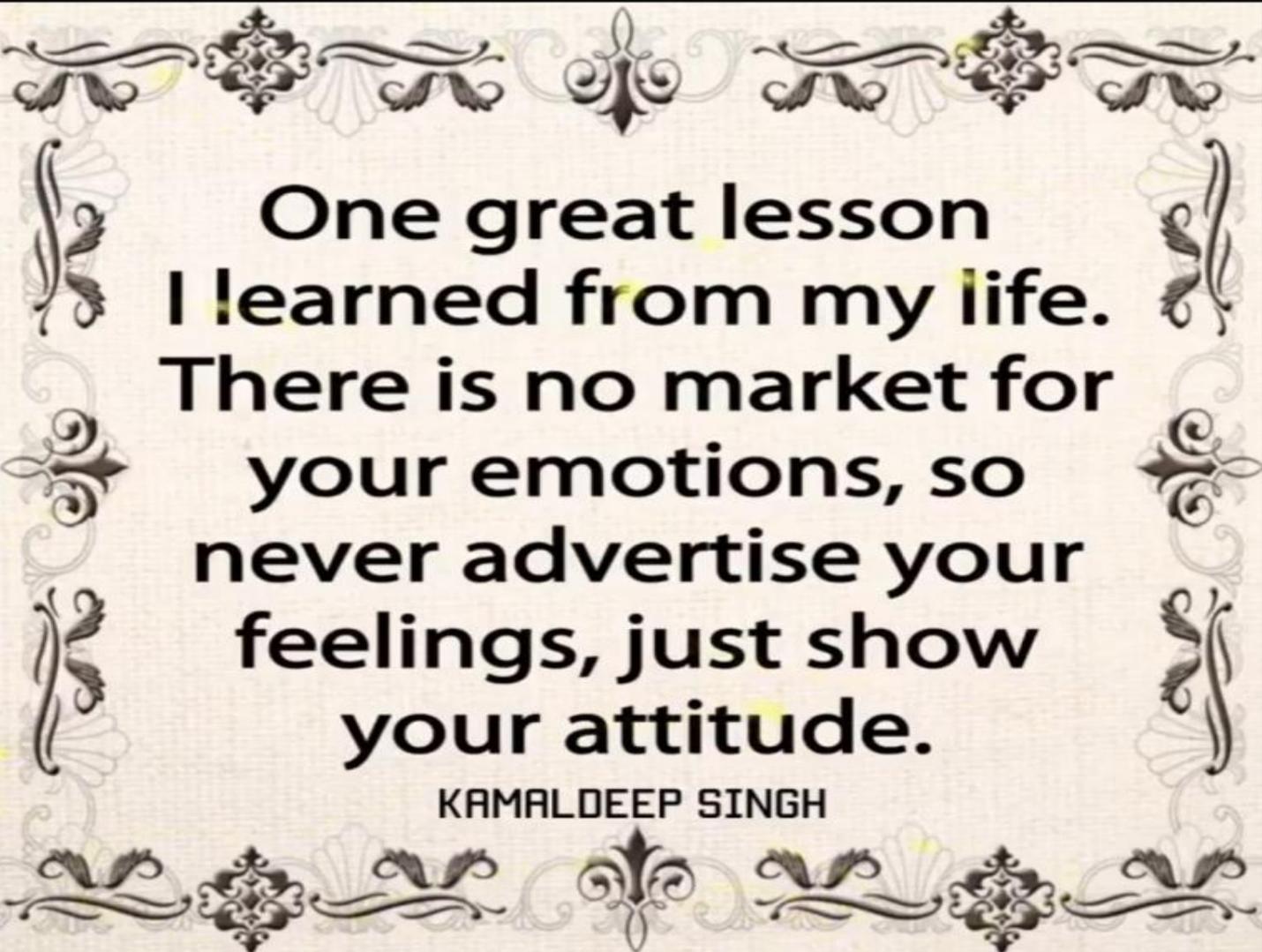
There is no value of
what you did in past,
Show your best part today.
Everyone wants to read
today's newspaper.
Because yesterday's
newspaper is waste paper.

**“When you are happy,
you enjoy the music.
But, when you are sad,
you understand the
lyrics.”**



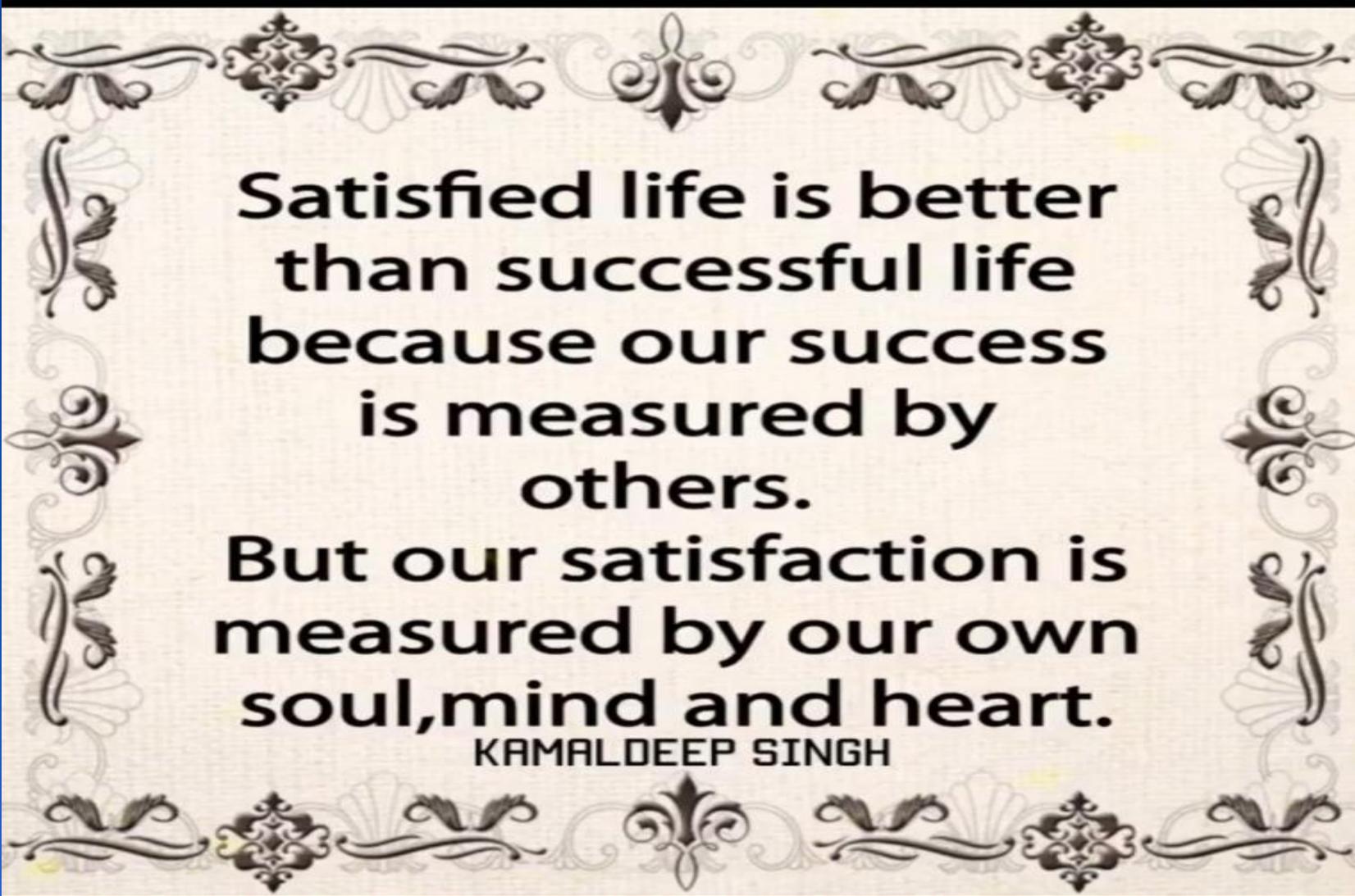
**Never tell
anyone your
plans,
show them
your results.**

KAMALDEEP SINGH

A decorative border with intricate floral and scrollwork patterns in black and grey, framing the central text.

**One great lesson
I learned from my life.
There is no market for
your emotions, so
never advertise your
feelings, just show
your attitude.**

KAMALDEEP SINGH

A decorative border with intricate scrollwork and floral patterns in a light beige color, framing the central text.

**Satisfied life is better
than successful life
because our success
is measured by
others.**

**But our satisfaction is
measured by our own
soul, mind and heart.**

KAMALDEEP SINGH

A decorative border with intricate floral and scrollwork patterns in black and grey, framing the central text.

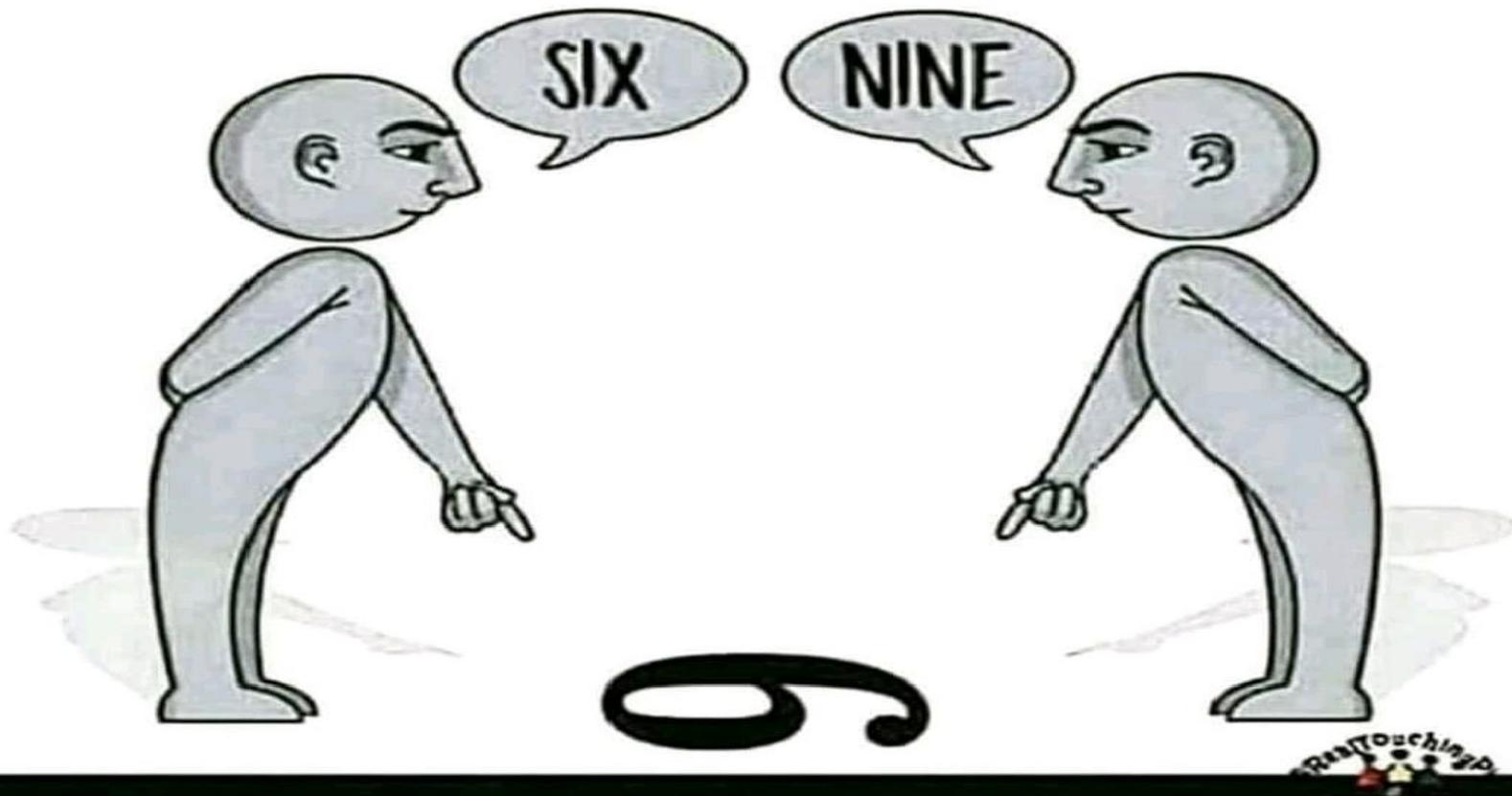
**Don't give
up. Your day
will come it
just a matter
of time.**

KAMALDEEP SINGH

“

**Approach each customer
with the idea of helping him
or her solve a problem or
achieve a goal, not of selling
a product or service.**

- Brian Tracy -

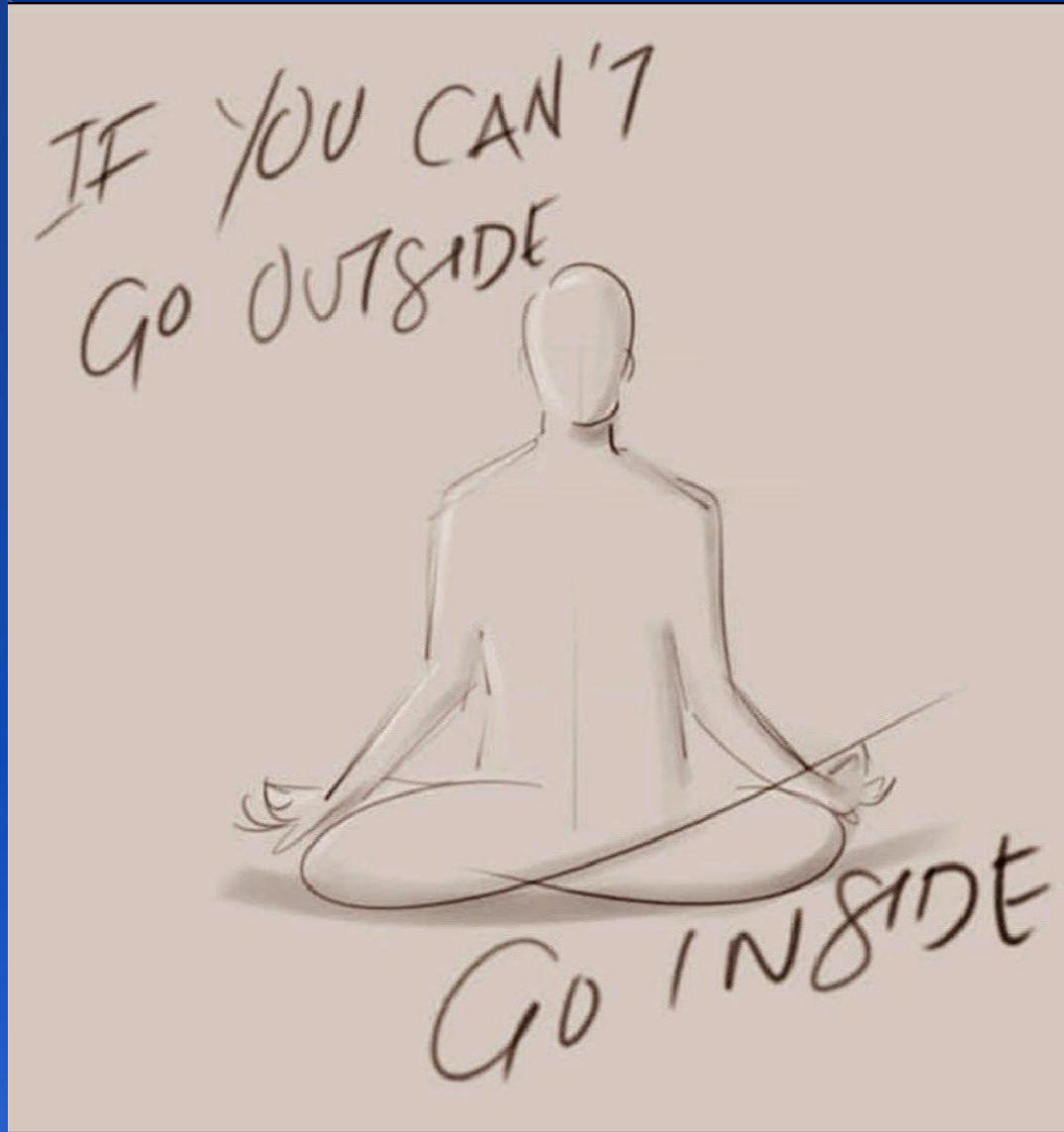


Just because you are right, does not mean, I am wrong. You just haven't seen life from my side.

Hard times will
always reveal
TRUE FRIENDS.

Type YES if you agree...





Sometimes in life
everything goes smoothly



And sometimes unexpected
happens,



The important thing,
knowing how to turn
problems into opportunities



HOW TO OPTIMIZE WORK-FROM-HOME



- 43%** EXPERIENCE LONELINESS
- 44%** FOUND IT DIFFICULT TO DISCONNECT AT THE END OF THE WORK
- 32%** GET DISTRACTED MULTIPLE TIMES THROUGH THE DAY

1. PLAN YOUR DAY



SET CLEAR PRIORITIES FOR YOUR WORK AND DAY. MAKE A REALISTIC AGENDA AND SET ASIDE DEDICATED TIME SLOTS FOR WORK THAT IS DEADLINE BOUND AND WORK THAT IS IMPORTANT BUT NOT URGENT.

2. HAVE A MORNING ROUTINE



EXERCISE, MEDITATE, READ, JOURNAL
OR SPEND SOME ME TIME SIPPING TEA
- WHATEVER GETS YOU STARTED FOR
THE DAY, MAKE SURE YOU HAVE A
MORNING ROUTINE!

3. OUT OF SIGHT IS NOT OUT OF MIND



CONNECT WITH PEOPLE AT WORK, ASK THEM HOW THEY'RE DOING, AND IN THESE TIMES OF 'SOCIAL DISTANCING', PREFER VIDEO CALLING FOR BETTER OVERALL COMMUNICATION. A FUN IDEA - VIRTUAL TEAM LUNCH

4. MID-DAY MEDITATION



MEDITATE 15 MINUTES BEFORE LUNCH.
IT INCREASES ELECTRICAL ACTIVITY IN
PARTS THAT CONTROL THE IMMUNE SYSTEM
AND POSITIVE EMOTIONS. A GOOD WAY
TO BEGIN IS TO DOWNLOAD SATTVA.LIFE
FOR LOTS OF FREE GUIDED MEDITATIONS!

5. HAVE AT LEAST 1 MEAL WITH YOUR FAMILY



KEEP YOUR PHONE ASIDE, UNWIND,
AND RELAX.. MAY BE COOK A MEAL -
TRY THE RECIPE YOU'VE BEEN MEANING
TO, OR JUST EAT TOGETHER AND
INVITE POSITIVE, HAPPY EMOTIONS.



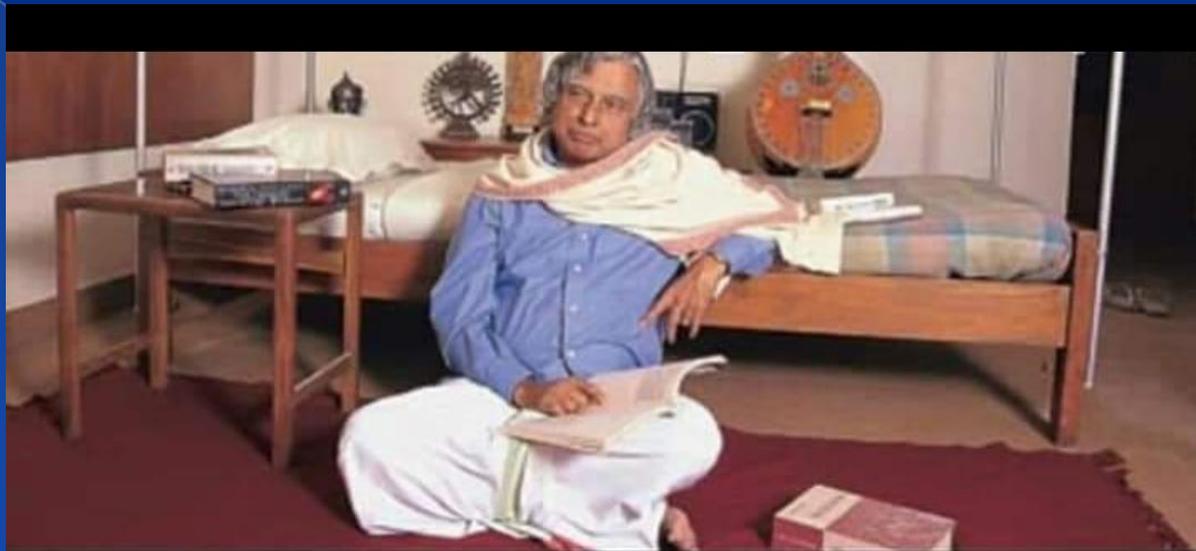
**“If you define the
problem correctly, you
almost have the
solution.”**

STEVE JOBS

**I AM NOT A PRODUCT
OF MY CIRCUMSTANCES.
I AM A PRODUCT OF
MY DECISIONS.**

Stephen Covey





Always Leave Office On Time

1. Work Is Never Ending Process. It Can Never Be Completed.
2. Interest Of A Client Is Important, So Is Your Family.
3. If You Fall In Life, Neither Your Boss Nor Client Will Offer You A Helping Hand; Your Family Will.
4. Life Is Not Only About Work. There Is More To Life. You Need Time To Socialize, Entertain, Relax And Exercise.
Don't Let Life Be Meaningless.
5. You Did Not Study Hard And Struggle In Life To Be A Machine.

**SUCCESS DOESN'T COME
FROM WHAT YOU DO OCCASIONALLY
BUT WHAT YOU DO
CONSISTENTLY**

The Ohno Method

Cycle of Kaizen to Develop Yourself

come and learn

Repeat the cycle of Kaizen!

Do not presume your potential!

- 1: Accept new challenges
- 2: Deny your success
- 3: Breaking the status quo

I see the top!

Assumed Potential

I see a higher peak!

HANSEI

Breaking the status quo!

Let's go higher!

HANSEI

Tapping into Potential

Tapping into more Potential

by Collin McLoughlin

HANSEI

Your True Potential

4 things you can't get back:

The stone after it's thrown.

The word after it's said.

The occasion after it's missed.

The time after it's gone.

