

Kaizen: The Power of Small Steps

Kaizen is a Japanese philosophy that means “**continuous improvement.**”

The word comes from

- **Kai** (改) – change
- **Zen** (善) – good / for the better

So, it essentially means **changing for the better through small, consistent improvements.**

Rather than focusing on big dramatic changes, Kaizen teaches that lasting transformation happens through small, consistent steps over time.

Within meditation and personal wellbeing, this idea is very powerful. We do not need to overhaul our lives to create positive change. Instead, we make small, gentle improvements that gradually reshape our habits, mindset and daily rhythm.

Why Kaizen Works

- Small steps feel manageable and less overwhelming.
- Consistency builds strong, sustainable habits.
- Progress happens naturally through repetition.
- It encourages patience and compassion toward ourselves.

Kaizen and Meditation Practice

- Start with just 5 minutes of meditation each day.
- Add a few mindful breaths before meals.
- Take a short mindful walk during the day.
- Create a small evening reflection ritual.

Each step may seem small, but over weeks and months these practices gently reshape your relationship with your mind, body and emotions.

Reflection for Students

- What is one small wellbeing habit I could begin this week?

- What would make my meditation practice feel easier and more natural?
- How can I bring small moments of mindfulness into everyday life?
- *What is the smallest positive action I can repeat daily?*

“Great change begins with small steps repeated with patience.”

Remember: transformation does not happen all at once. Through small, consistent actions we gradually cultivate calm, awareness and balance in our lives.