**Good Morning Career**

**Exercise No. 11: Setting an yearly time table**

Let us do an activity that can help you get introduced to to the con­cept of continual improvement.

**Step 1 –** Take up any activity in which your performance can be mon­itored and measured. Prepare a chart where you can record it. Let’s say you chose the activity as 100 meters running exercise; then you have to record the time you take to run 100 meters.

**Step 2 –** Start on Day 1: Run a hundred meters as you normally would. How much time did you take?..................................

**Step 3 –** On Day 2 set a target for Day 3: How much time do you think you will take to run 100 meters tomorrow?............................................

**Step 4 –** Make a plan on how you will achieve your target (Search the Internet, take advice from running experts, etc.)

**Step 5 –** Act upon your plan.

**Step 6 –** On Day 3, run the 100 meters and check if you are able to meet your targeted time.

If you were able to do so, then you have defeated your greatest com­petition i.e You.

**Keep doing this and you will learn one of the most common attri­butes of successful people i.e., ‘Continual Improvement.’**