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Learn the improvement cycle to improve your life

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Welcome to The Dreaming Son. In this post you're going to learn how you can improve your life through employing a simple self-reflection tool called the Improvement Cycle.

Why should you use the improvement cycle?

Well, if you want to get different results you have to do things differently and by improving how you act everyday you are not only get better life results, you also increase your self-esteem because everyday you'll be developing and making progress on your life journey.

What is the Improvement Cycle?



This is a process that was developed by Dr. Peter Honey and it was outlined in the book "Crystal Clear Communication" by Kris Cole. What Dr. Honey did is he worked with thousands of peak performers in the UK. He realized that what makes them different to the average person is that they ask themselves two crucial questions when they approach their activities in everyday life.

The first is:

"How can I do this better?"

And the second is:

"How else can I do this?"

The Improvement Cycle helps to answer both of these questions by first of all having the experience, looking back and reviewing it, taking a learnings from it and then looking forward to the future to see how you can do it better next time.

How do you employ the Improvement Cycle?

- 1) First of all is to set about 10 minutes aside every day. I recommend you doing it later at night just before you go to bed. Sit quietly by yourself with a pen and paper.
- 2) **EXPERIENCE** - Next, back through your day and pick one experience that can be positive or negative.
- 3) **REVIEW** - Once you have chosen your experience you go back and review it. Bring it up on your memory and think about all the things that you see it and how you did things and also other people's reactions and your reaction to them as well.
- 4) **CONCLUDE** - Then what you want to do is conclude from that experience what worked well and what didn't work so well.

5) **PLAN** - Once you have decided this the thing you want to do now is plan for the future so that you can get an improved result the next time you do things.

Obviously if things went well you can say, "Yes, I can do more of that." But if there is an aspect that didn't work so well you can start thinking of how you could do it differently next time so you can get an improved result. If you don't know how to make these plans to have improved results in the future just remember what these peak performers ask themselves which is, "How can I do this better?" and "How else can I do this?"

Action steps moving forward.

- 1) Set a time aside every day.
- 2) Choose your experience.
- 3) Run it through the Improvement Cycle
- 4) Implement your plan for improvement the next time a similar situation occurs.

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