

Weekly Wisdom

Grow the Green for You and Your Team



“Anybody who never made a mistake never tried anything new.”

-- Albert Einstein

Tweak. Tinker. Adjust. The Secret to Change.

Each new season feels like New Year’s, don’t you think? Big moments on the calendar get us thinking about making positive change. (New year’s resolutions, anyone? Birthday goals? Mondays?)

Neuroscience has shed light on potential help for those of us working to improve ourselves. Success isn’t found in SMART goals or traditional change methods.

“We’ve bought into the myth that success means never faltering, that progress is a straight line from A to B.” But life throws us curves, and our ability to adapt is everything.

Change is messy. And nonlinear. It isn’t about discipline or willpower. Successful change is the result of **iteration**.

“Iteration is the process of continuously experimenting, assessing, and adjusting our efforts based on realtime feedback.”

Think of it as a never-ending series of better versions. When one thing doesn’t work, what can you learn? How can you tweak your strategy?

Seeing “mistakes” as lessons sparks curiosity and limits the belief that we have failed.