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## Introduction to Chigen-iku (Universal Performance Improvement Method)

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# Improve Your Skills/Abilities by Chigen-iku Method!!

**A universal performance improve method**

**A system to make our dreams come true**

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February 21st, 2023



## What is Chigen-iku?

This is a method of performance improvement that has been developed based on my dissertation and more than 25 years of implementation and refinement. It can be applicable to any skill or ability. I sometimes call it “a system of making dreams come true.” If you want to learn more about this method or get a special training, please contact me for help.

Since this is a principle-based method, it can be flexibly applied extensively; and it is highly theoretical/abstract; therefore it can be applied broadly and even for unknown fields of improvement.

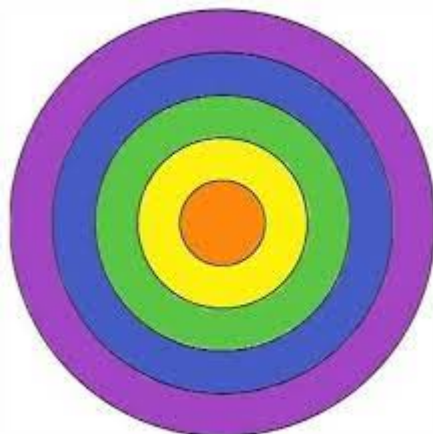
## Tips for beginners

It is very rare to see someone who, by nature, follows the five principles on which this method is based. Including me, generally, people do not apply these principles spontaneously in their life. If we want to see significant positive results by applying these principles, we must establish a habit to make them a part of daily thinking and acting. In order to create such a habit we need to make very intentional/conscientious efforts to concentrate our mind on these principles, and we need to drill certain skills for a certain duration of time (usually a few months or so). It is like acquiring a new language. Learning vocabulary and grammar is an important step, but it is not enough to be proficient; much practice is needed. However, it is not impossible to acquire the Chigen-iku mode of life especially when we follow the guide and practice under some experienced coach. And it is effective if we collaborate with others creating a team to share ideas and support one another.

The 5 principles of Chigen-iku are:

1. **E**stablish Ownership
2. **E**nrich Locality
3. **E**mbrace Chaos
4. **E**mpower Cycles
5. **E**levate Reflection

Each principle starts with E so that we can remember them easily. The first principle is the core of the entire method and the other principles can be meaningfully placed in the outer circles one by one.



Orange: 1st Principle  
Yellow: 2nd Principle  
Green: 3rd Principle  
Blue: 4th Principle  
Purple: 5th Principle

The core, the first principle, is the most fundamental. Whether or not you have true ownership in/for your project is crucial. The motivation for your project ideally must come from the depth of your heart and the priority must be well considered at each turning point of the project. They must be harmonious with your life-purpose and your most important roles in your family and society. The second principle is locality that includes almost everything surrounding or close (physically or mentally) to the core, and it also includes all enabling factors. That locality decides the outcomes of your activities. If you have enriched locality, your project will most likely become successful. So, it is wise to continue to enrich your locality along with each main project by adding a small sub-project to enhance a relevant particular skill or ability.

When you have Principle One and Two in place, you are ready to jump into the reality of practice, which is very often challenging and you may find many unknown things there; since you are improving something and therefore you face new situations with frequent obstacles. Principle Three, an attitudinal foundation, will support and sustain you while you are moving on in chaotic situations.

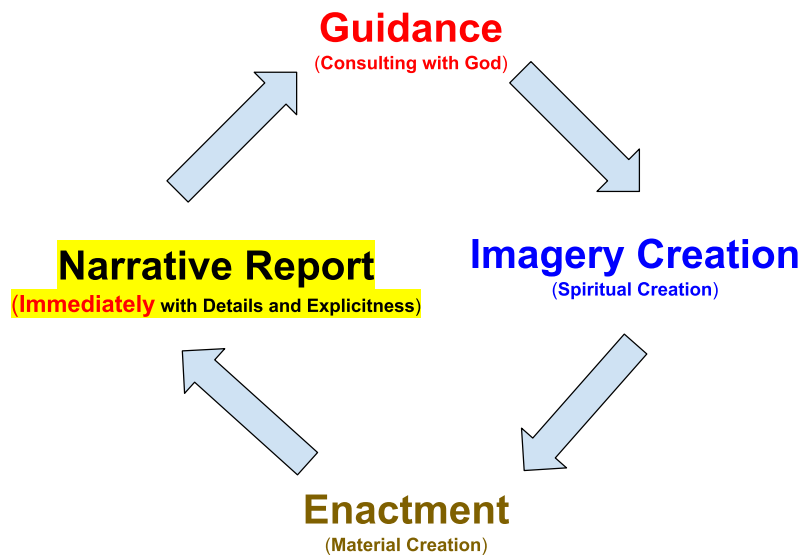
7 Ps help us be open-minded and optimally learn from our experiences. **P**ositive, **P**roactive, **P**atient, **P**eaceful and **P**anic-free are self-explanatory. **P**erceiving (becoming aware of how much help we are receiving from many different sources) and **P**raising (acknowledging the divine support) are also vitalizing because when we take everything for granted and are proudful, we tend to attribute our success erroneously to our own ability. And such a self-centered attitude may eventually lead us to stagnation and failure.

During our activities we encounter abundant learning opportunities. It is up to us whether or not we capture and utilize them for our improvement. Remember that our Father in Heaven's curriculum for our growth is perfect but it seems to be chaotic to our human eyes. For our optimal learning, **MFP** is a very useful set of techniques. **M**ental **M**arking helps us focus on a particular point in our experience to remember and keep it in our mind for later reflection. However, an instant attention is not enough to generate/process significant information. **F**ocalization helps to keep our observation and thinking to

continue. Putting it into words, talking about it or taking a memo can help for focalization.

**P**roblematization (formulating our ideas into the form of a problem or a question) is a big step to create actual changes. Without this third technique we remain passive. Once we problematize and keep remembering it, our brain automatically searches for solutions even in our sleep.

Previous three principles prepare a foundation of attitude and basic skills. The fourth and fifth principles are more technical, which means that they add to our activities rigor and systematicity so that our approach comes closer to a science of improvement.



Principle Four lays a smooth and incremental path for our growth by including four critical steps in each cycle: **G**uidance, **I**magery Creation, **E**nactment and **N**arrative Report (**GIEN**). These four steps were inspired when I went through many endowment sessions intensively in a temple of the Church of Jesus Christ of Latter-day Saints. Let us think of one case where we have a significant but not daunting task in our performance improvement project. Usually we may just go ahead to do it on our own. But when we implement this principle, we consult with our Heavenly Father in detail. We express our rational and emotions in our prayer. This is the step of guidance. Then, the imagery creation step is to write down the main points of what we are going to do that are harmonious with the Spirit, which is the second step, a spiritual creation. The next step is to put ideas into action, the enactment step. Then, the last step is to report in a narrative form. When and only when we describe in detail in our prayer about our rational, emotions and commitments, He can pinpoint the things that we need to change. As long as we keep these four steps in our cyclic procedure, we cannot stay in the same plane or level; therefore we go up through a spiral case endlessly. Thus, our Father in Heaven is our partner in accomplishing our objectives. Such an experience is incredible indeed!! Don't forget to make a narrative report immediately after your action.

Principle Five fortifies this crucial element--reflection--to bring up our activities to the science (in a broad sense) of performance improvement by using four modes of reflection. Some people may be intimidated by the word "science" because it may be associated with rigorous/highly technical procedures and esoteric terminology. However, in Chigen-iku, Principle One protects us from going too rigid or jumping into activities that are too difficult to handle. Principle Four also helps us move increasingly rigorous and technical without being overwhelmed. Principle Five automatically increases systematicity. Principle Five

is accomplished by four Rs (Recording, Reviewing, Reporting and Receiving Feedback). When we record our reflection daily/weekly and review it frequently, our awareness increases and we generate many interesting ideas. Then, if our record is accumulated enough, we write a report based on the record.

Before ending this introductory article on Chigen-iku, let us think about why science has set a foundation of modern civilization and technological development. The essence of science is that it has a community of people (scientists) work together to generate new knowledge and create hypotheses/theories and examine the truthfulness of these ideas by criticizing one another and experimenting with them. Chigen-iku Principle Fourth and Fifth truly embody this essence. In addition, we receive inspiration from on high; so miraculous doors may open up before us when we live the fourth principle.

Finally when we do the third R (report) of reflection, we should include conversation about our experiences in the project with others casually or formally so that we can invite others' inputs and thus we examine our thinking more carefully. Typically a big breakthrough occurs immediately after report writing by combining and organizing fragmented ideas scattered everywhere in our accumulated record. After witnessing so many great results from this mode of reflection, I began to call this incredible phenomenon "dynamite effect".



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