

Lean thinking



ORGANIZATIONS

Goal : Sustainable Profit and Growth

- **WASTE** REDUCTION
- OPTIMUM INVENTORY
- QUICK RESPONSE
- PROTECTION FROM UNCERTAINTIES
- GEMBA WALK
- QUALITY AT SOURCE
- 5S- ORGANIZED WORKPLACE

INDIVIDUALS

Goal : Sustainable Prosperity and Health

- **WAIST** REDUCTION
- FIT WITHOUT UNNECESSARY **FAT**
- NO PROCRASTINATION
- IMMUNITY AGAINST DISEASES
- DAILY WALK
- QUALITY OF LIFE
- SELF DISCIPLINE