

# What are the Six Endeavors? 什么是六项精进?



Gratitude 感谢

## 4. Appreciate Life 活着，就要感谢

Humans cannot survive alone. We are supported by everything that surrounds us.

We owe our existence to the air, water, food, family, colleagues, and all of society.

If we think of life in this way, we will naturally be filled with gratitude for being alive.

If you smile and say "thank you," to those around you — to your family, for example — they will smile back at you.

With this sense of gratitude, we can ease our minds and feel peace.

Conversely, those people who always feel they are not having their needs met and harbor feelings of discontent rather than gratitude not only create turmoil in their own minds, but also create an unhappy atmosphere for those around them.

Thus, words of thanks not only ease your own mind, but also ease the minds and emotions of those around you and create a peaceful, happy atmosphere.

Your environment can be greatly influenced by whether you feel grateful or discontented.



Benevolence 善行

## 5. Do Good Deeds and Serve Others 积善行、思利他

The Law of Cause and Effect exists in this world. Altruistic practices fall into the category of good deeds.

If you accumulate good deeds, you will be rewarded in life.

Being kind to others and practicing honesty, sincerity and humility may sound simplistic, but these are the basic, important traits of human existence.

What's important in life is thinking good thoughts and doing good deeds.

You can turn your life onto a better path through the accumulation of good deeds.



Detachment 感性

## 6. Don't Dwell on the Past 不要有感性的烦恼

Everybody faces failure and makes mistakes in life. This is how we grow.

The important thing is to reflect upon your failures so you can avoid repeating them.

However, there is no need to prolong your remorse. Emotional distress can bring about mental and physical illness.

Having once reflected deeply upon your actions, you should move on to new challenges with swiftness and determination.



Diligence 努力

## 1. Strive Harder than Anyone Else 付出不下于任何人的努力

It is the law of nature that all efforts must be exerted toward survival. This law applies to everything from wild flowers and animals to all of us as well.

Inamori tells us that in order to "strive harder than anyone else," we must first fall in love with our work.

If you learn to love your work, you will dedicate yourself further, which will stimulate stronger desires and the creativity to make continuous improvements.

"I'm working very hard in my own way" shouldn't be the level of our effort; we should be able to proudly declare, "I'm striving harder than anyone else."

The key is to fall in love with your work; become engrossed by it; and exert efforts far above others.

Striving harder than anyone else will produce wonderful results.



Humility 谦虚

## 2. Remain Humble 要谦虚，不要骄傲

It may sometimes appear that the only people who succeed are those who step on others to get ahead, but this is not true.

We should be mindful of our human potential to become arrogant without even realizing it which often happens as soon as things start going well in life and at work.

As shown by proverbs from around the world that emphasize the importance of humility, truly successful people are those who remain humble.

There are many people, unfortunately, who achieved great success when they were younger, only to begin tumbling downward toward ruin later in life.

This is because they forgot their humility and diverged onto the wrong path.

Please never forget this principle to "remain humble," even when you become successful as the result of striving harder than anyone else.



Reflection 反省

## 3. Reflect Daily 要每天反省

Both good and bad attitudes exist within all of us. A good mind is unselfish and altruistic; a bad mind is self-centered.

To begin this process, you must reflect back on each day and everything you did.

If you make an effort to always think good thoughts and do good deeds, your life will change for the better.

For example, seriously contemplate whether you were ever unpleasant or unkind; whether you acted arrogantly; whether you did or said anything that was selfish.

Daily reflection is the process of suppressing the bad mind and developing the good, unselfish, altruistic mind.

By reflecting on your actions each day, you can elevate your mind, which in turn will lead you to a wonderful life.