



Coffee with Kaizen

Transcript & Key Vocabulary

lifeinenglish.net

Coffee with Kaizen #35 - What Are You Thinking About?

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Coffee with Kaizen #35 - What Are You Thinking About?

Jun 17, 2022

[00:00:00] So your life will always move in the direction of your strongest thought. **Realest**¹ shit I ever heard. Your life will always move in the direction of your strongest thought. If you're thinking is **bullshit**², if you're thinking is robbing, stealing, cheating, lying, just living with the **status quo**³, then that's the way your life will move. But if you're thinking, your strongest thought is building, **reinventing**⁴ yourself, establishing family and businesses in a peaceful state of mind, then that's the way your life will move. Your life will always move in the direction of your strongest thought. **Stay grinding**⁵. Stay focused.

Tony Kaizen: [00:00:47] Stay grounded and stay focused, man. And that's the message of the day. What's up, everybody? This is Coffee with Kaizen number 35. I am your host, Tony Kaizen. And the clip you just heard was from a man whose name I don't know, because I went on his profiles, his TikTok, his YouTube, and his name isn't really posted anywhere. But if you want to check out more of his content, you can find him on TikTok or YouTube at almosteverything630. That is

¹ the superlative form of real, used in slang for someone or something “extremely authentic” or “exceptional”

² nonsense; foolish or untrue words or ideas

³ the current situation; the way things are now

⁴ change (something) so much that it appears to be entirely new

⁵ (slang) to keep working very hard at something

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almosteverything⁶30. Now, onto the point of the episode, the actual **meat and potatoes⁶**, the real **substance⁷**.

[00:01:25] The message here is to be very careful what you think about. Because your thoughts will lead you into a particular direction. Your thoughts are literally creating your future because you think about something and then you do something. So whatever you're thinking about naturally is gonna **manifest⁸** itself in your actions and in your life experience. At least that's what I believe. And I saw this video two or three weeks ago on TikTok, and I saw it at the perfect time. It's really amazing how so many times, man, I'll be thinking about something for a few days and then a video related to that thing **pops up⁹** on my TikTok feed. It's really, really, really strange.

[00:02:06] But like I said, I saw this video at the right time because actually, let me say it this way. I'm going to give you an example so that you can really understand the message of this clip and hopefully apply the lesson to your own life and see some good results. I'm trying to work on this new project or start this new project for Life in English, and I really think it's going to be helpful for you guys and anybody else around the world learning English. And it's a video project that we're going to put on YouTube. The problem, though, is that I don't want to do it by

⁶ the most important or basic parts of something

⁷ the real or essential part or element of anything; essence, reality, or basic matter

⁸ to show something clearly, through signs or actions

⁹ appear or occur suddenly

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myself. I technically could, but it would be so much harder for so many reasons and I'll get into the project and what it is and all that type of stuff in a different episode.

[00:02:47] But I still want to use this project as an example. So I really want to realize this project and I technically could do it alone but don't want to. So I've been stressing for a couple of weeks now, trying to figure out how I'm going to get all the things I need to do this project. And I saw this video and this man is saying, like, your life will move in the direction of your strongest thought. And I've heard that idea said many different ways after reading many books, listening to many podcasts, and watching many videos. So I understand the **concept**¹⁰ and I believe in it.

[00:03:19] So after I watched that video, it was just like a nice little reminder to stay focused on exactly what I want and nothing more. So after I watched it for like a week, maybe two weeks, all I was thinking about was, man, I need a **cameraman**¹¹. I need a cameraman for this project. I need a cameraman. How the fuck am I going to find a cameraman? Because I didn't, I don't have any friends that can help me with it. And I don't really know any other creatives or professionals that can help me with this project. So I'm kind of like **stuck**¹², you know? Or I was at least. But just by focusing on what I really needed and what I wanted, which was a cameraman to work on this project, I started to ask myself, How would I find this person?

¹⁰ a principle or idea; a conception

¹¹ a person who operates a camera, esp. as a regular job

¹² unable to move, or set in a particular position or place

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[00:04:01] Instead of focusing on what I don't have and focusing on the negativity like, Shit, I don't have this person. I can't do this project. I don't have this. I can't do that. Instead of thinking that way, I started to ask myself, Well, how could I do it? What needs to happen for me to get this thing that I need? And just by asking myself that question, my brain automatically starts trying to find the answer. And I'm just focused on this one thing, this one thing. I need this specifically. I want this specifically. Just by focusing on that with every minute of free time that I have, I started to experiment and find ways to find this person I'm looking for. You see what I'm saying?

[00:04:40] So I'm putting **job postings**¹³ on different websites. You know, I'm looking on Instagram trying to find people in my city that do the type of work I'm looking for. Looking in all these different places. And not even a day later, after doing all those job postings, I'm starting to get applications, people that want to help me work on this project. You see what I'm saying? And I wouldn't have been able to do that if I hadn't been focused on the right thing, which was finding this thing that I need to work on this project that I want to realize. You know? And so now we've luckily found a couple of cameramen and we can get started very soon, actually.

[00:05:13] And maybe that's not the best example, but hopefully, you get the point. Is I was just so **hyper-focused**¹⁴ on finding this one thing that I needed, that my

¹³ an advertisement for an open job position

¹⁴ highly focused attention that lasts a long time

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brain just naturally starts looking for ways to get it because that's what I was focused on. Since that's what I was focused on my actions or the intention of my actions was to find that thing and through my actions, I brought that thing into my reality. Hopefully, that makes sense. And it wasn't just the cameraman like, this project that we're trying to work on involved a lot of thinking, a lot of planning. You know, financial plans, because I need to **hire¹⁵ employees¹⁶** to work on this project. The **aesthetic¹⁷**, the **branding¹⁸**, how we're going to share the project with people. What's the real value of this project? How are we going to put it on the platforms, the editing style?

[00:05:55] Like, how are we going to go **above and beyond¹⁹** all the other people doing similar things? How are we going to do it in a unique way, you know? All these different questions are running through my head when thinking about this project. But the point is I'm thinking about it. It's what I want to do the most. So that's what I'm focused on. And **slowly but surely²⁰**, just start getting **exposed²¹** to little bits of information or people or ideas that help me better prepare for this project we're

¹⁵ to employ someone or pay someone to do a particular job

¹⁶ someone who is paid to work for someone else

¹⁷ relating to the enjoyment or study of beauty, or showing great beauty

¹⁸ the act of giving a company a particular design or symbol in order to advertise its products and services

¹⁹ to do more or better than would usually be expected of someone

²⁰ in slow and gradual but effective way

²¹ introduced or presented to

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trying to work on. If I was focused on the negativity and all the things we don't have or couldn't do or the difficulties and this and that, then I would just be stuck there.

[00:06:32] But since I'm focused on what I want, which is progress, **moving forward**²², making shit happen, that's what happens. So like the man was saying in the clip, if you're focused on negativity, being **sneaky**²³, hiding things, like being manipulative, being lazy and procrastinating, thinking about all the reasons you can't do something or all the reasons that this thing won't work, that's the life experience you're going to have. But if you focus on positivity, you know, bettering yourself, looking for better friends and relationships, being more productive, learning this new skill like English or learning how to start a business or whatever it is, whatever it is that you truly want, if you're focused on that, you're going to get it.

[00:07:15] Obviously, you have to put in the work, but it starts with the thought process. It starts with the mentality. That's what's important. You know? So being very careful about the thoughts you choose to **maintain**²⁴ and focus on is extremely important for so many reasons, man. For so many reasons. You have to make sure you're thinking about things the right way if you have or if you hope to have any chance of them actually happening. You know what I'm saying? Now, one thing that's dangerous, though, is thinking too much. Right? Because still using this

²² to advance in position or progress

²³ doing things in a secret and unfair way

²⁴ to continue to have; to keep in existence

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project as the example, what I noticed is that you can get a lot of pleasure from just thinking about doing something.

[00:07:57] It could be a big project, learning a new language, starting a business, whatever it is, just by thinking about doing it, just by making plans to do it you feel like you're actually getting something done. Because when we're planning this new project, this big thing, it's super exciting. We know it's going to help a lot of people. We know it's going to be a lot of fun making it or doing it in this case. You get this **rush of²⁵ dopamine²⁶**, right? Because the way I understand it, dopamine is like the **reward²⁷** system for the brain. We do something good or **fulfilling²⁸** and we feel that dopamine, which is the reward, that great feeling you get from accomplishing something. We're doing something awesome.

[00:08:35] So when we're doing these... Or excuse me, when we're making these plans the financial plans, the marketing plans, the content plans, the editing, buying the equipment, you know, looking for the cameramen, all these things that we need to bring the project together, you know, bringing or... Yeah, bringing together the, all the pieces of the vision. I'm feeling all these, these rushes of dopamine. I'm feeling super inspired, super excited to work on this thing. But the problem is I

²⁵ a (sudden) large amount

²⁶ dopamine is a chemical that gives us a good feeling; a “reward center”

²⁷ something given in recognition of service, effort, or achievement

²⁸ making you feel happy and satisfied

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noticed when we get to the point where it's like, actually time to do the work, to go to this place and work on this project, I don't really feel like it anymore.

[00:09:13] Because I've already gotten all the dopamine, all the psychological rewards, let's say, of planning the project. Saying, we're going to do this, we're going to do that. Yeah, it's going to be fucking awesome. We got this, this, this. Bam, bam, bam, we got the plan. Blah, blah, blah. It feels amazing. You feel super inspired and ready to just fucking **conquer**²⁹ the world, but when it comes time to actually do it, you've already gotten the reward as if you have done it. So there's no reason to do it. You see what I'm saying? You spent so much time thinking about doing it. You got the reward.

[00:09:47] But now it's time to do it. And you're like, I don't know. Maybe later. Maybe we need to do some more planning. I need to do some more research. I need to do some more thinking. And you just get stuck in that place. Very dangerous. So I agree 100% with what this man is saying is your life will move in the direction of your strongest thought. But what I would **caution**³⁰ you to do is be very careful about how long you think. And it's really, it's really hard to figure out what that amount of time should be because it's all **subjective**³¹, because you do need to

²⁹ to take control or possession of foreign land, or a group of people, by force

³⁰ an advice or a warning

³¹ influenced by or based on personal beliefs or feelings, rather than based on facts

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think before you act. You do need to make a plan if you have any hope of actually realizing a project.

[00:10:25] However, being careful about how long you think about these things is extremely important. Because you don't want to get stuck in that place where you're just planning all the time, **compulsively**³² thinking and planning, but never doing. At some point, you have to take action. So think deeply about your project, your plan, your objective. Make a plan, and then immediately, as soon as possible just fucking start doing it. Even if you don't feel ready, even if you think you don't have every single thing you need, getting started as soon as possible, in my opinion, is the best way to have the highest chance of achieving your goal, whatever that may be.

[00:11:08] You don't want to get stuck in that, that place where you're just thinking about shit, feeling a bunch of dopamine because you think... Because you spend the same amount of mental energy thinking about something that you do actually doing something, which is why it's kind of fucked up because you spend so much energy and you get so much dopamine from just thinking about realizing this project that when it comes time to do it, you have no, no, let's say, inspiration. You don't feel like doing it. And I found myself there recently, kind of just thinking about doing the actual project and it's like... Just don't feel not motivation because I have a reason to do it, but feel no inspiration to actually get up and go do it.

³² too much and in a way that shows you are unable to stop

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[00:11:52] Hopefully, I'm making sense here. I feel like I'm being **redundant**³³ at this point, but it's just something I wish I would have learned sooner and something that I feel a lot of people don't talk about enough. Because you do need to focus on what you want. You do need to think about it and make a plan. But then you take action. That's the next step. You need to do that as soon as possible. You know what I mean? So, I guess now is a good time. I want to play one more clip from a different person, from a **legendary**³⁴ rapper from right here in Atlanta, Georgia, named Gucci Mane. G U C C I, Gucci. Mane, M A N E. Gucci Mane. And I got this clip from an interview he did. And he's talking about the same subject, the importance of your thought process and what you think about. Ok? So I'm going to play that clip now and then we'll continue.

Gucci Mane: [00:12:49] **Watch**³⁵ what you think about. You are your thoughts. You know, if you just like, nobody can, nobody's in your head, be **self-aware**³⁶. If you're really self-aware and really responsible in your head, man, if you **hold yourself accountable**³⁷, everybody going to see it. You ain't got to say nothing. You come and tell me, "Bro, I **finna**³⁸ change my life. I finna start losing weight." The first time I'm excited for him. The second time I'm encouraging. The third time, don't tell me

³³ unnecessary because it is more than is needed

³⁴ remarkable enough to be famous; very well known

³⁵ (in this context) to be careful or give attention to something or someone

³⁶ knowing and understanding yourself very well

³⁷ to consider someone responsible for something

³⁸ going to; intending to

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no more. Because now you just **cap**³⁹. The more you keep saying you got... But if you just, if you told me one time, then I seen you **slimmer**⁴⁰. And then you tell me another time, "Hey, I don't want to go to dinner. I'm good." You **ain't**⁴¹ got to say nothing. Now I see it. You get what I'm saying? So that's the whole thing.

Tony Kaizen: [00:13:27] All right. The first thing I want to say is don't feel bad if you couldn't understand everything that he was saying, because he does have like a pretty strong Atlanta accent, you know, that Southern accent. And he was speaking a little bit fast and, you know, he was kind of speaking **Ebonics**⁴². It wasn't like standard English at times, so don't feel bad if you couldn't understand everything and remember it, just read the transcript and you'll get all the explanations you need. And if you do have more questions, just **hit me up**⁴³ on Discord. All right?

[00:13:54] But back to what he was saying. You need to really be careful about your thoughts. You need to watch what you think about. I don't necessarily agree with the idea that you are your thoughts, because thoughts are just thoughts. We don't really know where they come from. Sometimes you think without trying to think and I don't know if it's clear, I don't know if it's certain that those thoughts are you. I

³⁹ (slang) lie

⁴⁰ a person who is trying to get thinner by eating less and doing more exercise

⁴¹ am not; are not; is not

⁴² American black English; a type of English spoken by some African Americans

⁴³ to contact someone

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think you are the actions you take, not the thoughts that you have. Right? Because a lot of us think about a lot of crazy shit, a lot of dark shit. It doesn't mean that we do those things. You see what I'm saying? Thoughts are potential. I think actions are real.

[00:14:37] But anyway, the point is still the same. You need to be very careful about your thoughts. Because your thoughts will lead you in a particular direction, whether you like it or not. You see what I'm saying? And going back to what Gucci Mane was saying, what I would recommend you to do is stop talking about the shit you're going to do. And this goes back to the point I was trying to make earlier. Because you get that same **hit of⁴⁴** dopamine, you get the same feeling of accomplishment, the reward, you still get that just by saying you're going to do something.

[00:15:12] If you keep telling everybody, I'm going to learn English, I'm going to learn English, I'm going to learn English. Every time you do that, you get a hit of dopamine and you feel like you've accomplished something. And everybody says, Oh, that's great, man. Good for you. Congratulations. Good luck, blah, blah, blah. You feel good about it. But then you have no reason to do it because you've already gotten the reward for just talking about it. But then after just talking about it comes the real hard part, which is actually doing it, you see? And since you've already gotten the reward for doing it, why would you then go and actually do it? You wouldn't, and most people never do. Because most people just talk and talk and

⁴⁴ a dose of a psychoactive drug

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talk about what they're going to do. And **hardly ever**⁴⁵ about what they've done. You see what I'm saying?

[00:15:59] So like Gucci Mane was saying, let's use losing weight as an example. You say, "I'm going to change my life and lose all this weight. I'm going to be healthier". You're telling everybody that and it feels amazing. Everybody's like, Go for it, man. Congratulations. That's important. We all want to see you do better, blah, blah, blah. You feel amazing. But then you keep eating fucking fast food and you keep sitting on the couch all day and smoking cigarettes, whatever it is. Because there's no reason to actually change now that you told everybody you're going to change and everybody congratulated you for it. You got the reward.

[00:16:29] But instead of talking about it, if you just did it. And then people start to notice the results and compliment you and say, Damn, man, you're getting slimmer. You're losing weight. What are you doing different? Then you start to get the reward for the actions you've already taken. You understand? By that time you've built up **momentum**⁴⁶. You're already in the process of doing this thing or making this change. So when people notice or start talking about it, you're already **on the path to**⁴⁷ success. You're already there. So any feeling of dopamine that you get from

⁴⁵ very rarely

⁴⁶ the quality that keeps an event developing or making progress after it has started

⁴⁷ a set of actions, especially ones that lead to a goal or result

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people's comments or being able to show people that you're doing the thing instead of just talking about it, it's like a bonus. You understand?

[00:17:11] You don't fucking get to eat your fucking dessert first. Not if you want to be successful. It's meat, fucking vegetables, the main dish, the real meal, and then dessert. Then you get cookies and ice cream and cake and all that, that fun shit that tastes amazing. You understand? Business first, then we play. Work first, then we play. We do it and then we show it and then we talk about it. You understand? To me, it's a much better way to go about doing things, which is why I haven't really talked too much about this new project I want to work on, because I know the more I talk about it, the lower the chance that I actually do it.

[00:17:50] I would much rather just get started, work on it, see if it's even going to work, get some results, get some **traction**⁴⁸, get some momentum and then tell you about it. Look at this cool thing we're doing, not this cool thing we're going to do. And there's so many reasons to do that because there's also the chance when you go around telling everybody, I'm going to do this, I'm going to do this, I'm going to do this, and then you don't do it. Now you look like a fucking idiot. Everybody's like, Oh, he's just capping, just talking. And that's your **reputation**⁴⁹ now. That's how people know you, because you chose to just talk, talk, talk, talk, talk. Then you never did it.

⁴⁸ the extent to which a product, idea, etc, gains popularity or acceptance

⁴⁹ the beliefs or opinions that people in general have about someone or something

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[00:18:25] So now the next time you talk, talk, talk, talk, talk, nobody's going to believe you. You **went back on your word**⁵⁰, you know? So it's better to just do shit and then tell people you've done it. Because then you don't need to say anything. You know what I'm saying? You speak with your actions. And to me, that's a much better way of going about achieving goals in life. You just do the shit. Think to yourself, make a plan, tell whoever is involved in realizing that plan, and then just go do the shit. Then you show everybody what I've done, not what I'm going to do. Everybody is going to do something, **eventually**⁵¹. It could be tomorrow. It could be next week. It could be next year.

[00:19:07] But you are doing shit. Because you understand there's no time to waste. You understand that we don't just talk about it, like most people, right? We have this phrase or this expression where I'm from, we say, "**Don't talk about it, be about it**"⁵². And what that means is don't just tell everybody this is my lifestyle, this is what I'm about, this is who I am. You show people. You don't need to say anything, just like Gucci Mane was saying in the video or the clip if you just start going to the gym and eating better and start losing weight, people are going to notice. I see you're achieving your goal. You don't have to tell me anything.

[00:19:46] I think a lot of us have just formed this bad habit, especially these days, where we can share our entire lives on the Internet if we really want to. We're

⁵⁰ to break one's promise; to not do something one said one would do

⁵¹ at an unspecified later time; in the end

⁵² don't talk about what you're going to do, show people with your actions

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telling everybody what we're going to do. We're just talking because things sound good. But actually doing the shit is something different, you know? So I don't want to **ramble**⁵³ or be too redundant. So I'm going to end this in **summary**⁵⁴ by saying... Or excuse me, I think a better way to say that is I'm going to summarize by saying you really need to pay attention to what you're thinking about. Because your life will move in the direction of your strongest thought. And when I say "strongest thought", I mean whatever you think about the most. Whatever thoughts or ideas you maintain at the **forefront**⁵⁵ of your mind. That's the direction in which your life will go.

[00:20:37] And the good and the bad news is you get to make that choice every second of every day. What are you going to think about? What are you choosing to focus on? **I cannot stress enough**⁵⁶ how important this idea is, bro. Watch what you think about. And if you want better, then choose to think better. If you don't really give a fuck, then shut off this podcast, ignore everything I'm saying. But I know, I'm almost certain, let's say, that you want better for yourself. You need to know if that's what you want, then you need to think better for yourself. Plan better and then take action. Do not get stuck in the thinking or planning phase. That

⁵³ to talk or write aimlessly, without connection of ideas

⁵⁴ a short, clear description that gives the main facts or ideas about something

⁵⁵ the most noticeable or important position

⁵⁶ it is not possible to overemphasise how important something is

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infinite⁵⁷ feedback loop⁵⁸ where you're constantly **patting yourself on the back⁵⁹** saying, Yeah, I'm going to do this thing, it's going to be awesome. And then you never do it, right?

[00:21:34] This is my recommendation to you, man. Be very careful about your thought process. Pay very close attention to what you're thinking about. And remember, until you take action, all those thoughts and words mean nothing. You know what I'm saying? Don't talk about it, be about it. This is Coffee with Kaizen number 35, my friends. Hopefully, you enjoyed the episode and got some cool things to think about. I'd love to start a conversation about this subject on Discord. So hit me up, man. Once you listen to the episode, tell me what you think. All right? But that's it for now, my friend. As I said, this is Coffee with Kaizen number 35 in the books. I'm your host, Tony Kaizen. And I'll talk to you soon. Peace!

[END OF EPISODE]

⁵⁷ limitless or endless in space, extent, or size

⁵⁸ (in this case) a situation in which a particular event repeats itself endlessly

⁵⁹ to congratulate yourself for something; praise someone for doing something good

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Key vocabulary

Realest: superlative form of real; most real; extremely authentic or exceptional

Bullshit: nonsense; foolish or untrue words or ideas

Status quo: the current situation; the way things are now

Reinventing: change (something) so much that it appears to be entirely new

Stay grinding: (slang) to keep working very hard at something

Meat and potatoes: the most important or basic parts of something

Substance: the real or essential part or element of anything; essence, reality, or basic matter

Manifest: to show something clearly, through signs or actions

Pops up: appear or occur suddenly

Concept: a principle or idea; a conception

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Stuck: unable to move, or set in a particular position or place

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Hire: to employ someone or pay someone to do a particular job

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Branding: the act of giving a company a particular design or symbol in order to advertise its products and services

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Moving forward: to advance in position or progress

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Maintain: to continue to have; to keep in existence

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Fulfilling: making you feel happy and satisfied

Conquer: to take control or possession of foreign land, or a group of people, by force

Caution: an advice or a warning

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Redundant: unnecessary because it is more than is needed

Legendary: remarkable enough to be famous; very well known

Watch: (in this case) to be careful or give attention to something or someone

Self-aware: knowing and understanding yourself very well

Hold yourself accountable: to consider someone responsible for something

Finna: going to; intending to

Cap: (slang) lie

Slimmer: a person who is trying to get thinner by eating less and doing more exercise

Ain't: am not; are not; is not

Ebonics: American black English; a type of English spoken by some African Americans

Hit me up: to contact someone

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Hit of: a dose of a psychoactive drug

Hardly ever: very rarely

Momentum: the quality that keeps an event developing or making progress after it has started

On the path to: a set of actions, especially ones that lead to a goal or result

Traction: the extent to which a product, idea, etc, gains popularity or acceptance

Reputation: the beliefs or opinions that people in general have about someone or something

Went back on your word: to break one's promise; to not do something one said one would do

Eventually: at an unspecified later time; in the end

Don't talk about it, be about it: don't talk about what you're going to do, show people with your actions

Ramble: to talk or write aimlessly, without connection of ideas

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Summary: a short, clear description that gives the main facts or ideas about something

Forefront: the most noticeable or important position

I cannot stress enough: it is not possible to overemphasise how important something is

Infinite: limitless or endless in space, extent, or size

Feedback loop: (in this case) a situation in which a particular event repeats itself endlessly

Patting yourself on the back: to congratulate yourself for something; praise someone for doing something good