

It just can't go on like this

Reaching the point

2 min read · Jul 31, 2017



Gunnar Östberg



Listen



Share

... More



20 kg overweight.

When you become middle-aged, your body doesn't consume that much energy anymore. But you still eat the same. Or more. Or worse. And the trend is slow, steady, and indiscernible, in the wrong direction.

Sooner or later, you'll come to the insight that something has to be done. Right?

You'll reach a point where you realize you need to adapt to reality and take action. Otherwise, bad things will happen.

You start to do some benchmarking. You realize you need to measure and track your performance over time.

As everyone knows who has tried breaking the trend a few times and eventually succeeded, it takes determination and complete dedication.

You need to have some principles you follow with strict discipline.

To get fit, you need to register **all** your food and training every day.

Measure your progress carefully.

Only then can you become in shape and break the trend for the future. And keep a positive or satisfactory trend.

Agree?

Now think about your company or organization where you work.

Your organization is just like your body. It is the same. With no control, it swells.

Switch

- food with costs
- energy consumption with produced value
- the use of BMI with Operating margin, ROCE, ROS (Return on Sales), or Revenue per Employee, or another suitable key measure.

What will you do about it? Getting lean and slim again. Or prevent the swelling.

If you liked this post, or think someone else would, please applaud so others can find it more easily.

Weight Loss

Business Development

Improvement

Lean

Health



Edit profile

Written by Gunnar Östberg

178 followers · 127 following

CEO Business Clarity. Management Consulting, Product Management, Business Analysis, Business Architecture, Information Systems, Information Technology.

No responses yet



Gunnar Östberg

What are your thoughts?

More from Gunnar Östberg

