

Master of Continuity

We have a method that allows us to continue without giving up along the way. Masumi Fujimoto, 2nd Processing Engineering Section, Parts Engineering Department

Have you ever started something with the idea of giving it a try, only to find that it just doesn't last? In fact, there are probably many of you who feel "disgusted with your own weak heart" because of all these things. However, according to Mr. Fujimoto, a master of continuity, "It is not difficult to keep going if you get the right points.

We asked Mr. Fujimoto to share with us his "method of continuity" that he practices in order to keep going until results are achieved.



Masumi Fujimoto, Parts Engineering Department, 2nd Processing Engineering Section (MD2)

◆I have never stopped doing anything in the middle of the day.

- I heard that Mr. Fujimoto is good at "keeping going".

Yes, I am confident in my ability to "keep going". I have confidence in my ability to keep going. There are many people in my company who are better than me and whom I respect, but when it comes to continuity, I believe I am second to none. I have never given up on

something since I was in high school. Either I am still working on something or I finished it because I achieved my pre-determined goal.

- How did they come to be able to do that?

My starting point for continuity is track and field. I started running with my father when I was in elementary school, and continued to run long distances with the track team in junior high and high school. In junior high school, I ran 10 km every day, and in high school, I ran 20 km every day. It is said that if you miss one day of track and field, you lose three days of training, so I couldn't miss practice, but I enjoyed it because the more I did, the more I improved. But there are things you have to do even if you are not good at or don't like them. In those situations, I thought about how I could keep going, based on my own experience in track and field. I found a way to do it, and I have not been able to stop.



junior high school days

◆ People who do not continue will randomly change assignments.

- Can you quickly tell us how you "keep going"?

I think the difference between being able to continue and not being able to continue is

"whether you feel results and want to continue, or whether you give up before you feel results. Those who give up will quit before they see any results. But I know that if I continue, I will definitely see some results, and that is why I decided to make the effort. This means that if I continue, I am sure to see results. Whether it is test scores or exercise records. So the key to continuity is to "keep going until you feel the results.

- Sometimes it is difficult to get results despite our best efforts.

That's right. Therefore, it is important to "take it easy" in order to continue until you feel the results. When you start working out, you may feel over-enthusiastic. For example, when you start training, you may be so excited that you set yourself a tough challenge, such as "100 push-ups and 100 sit-ups," or "go to the gym every day. But even if you can do your best for the first few days, you will soon feel that it is too hard. It is difficult to achieve results in a short period of time when you are working on something that requires continuity. You cannot work hard for a long period of time while feeling that it is too hard. Therefore, the key to continuity is to "set the challenge low and not feel the hardship. If you continue, you will definitely see results.

- But I'm still not sure if I can continue.

There is one more trick. It is to not change the task. Let's say you do 100 push-ups instead of 50 because you are feeling good today. Then, the next day or on a bad day, you think, "I did 100 the other day, so I don't have to do it today. As a result of changing the setting randomly, the feeling of "I don't have to do it today" enters the system.

If you "set the assignment low" as mentioned earlier, you may feel that the assignment is insufficient. However, it is better not to change the assignment setting even if it is not enough. Continue to do what you have decided to do without slacking off. Then, when you start to like the task and feel the results, or when it becomes a habit, you can reevaluate the task setting.

- It is amazing. I will call this the "method of continuity".

Mr. Fujimoto's "Method of Continuity"

- ① Keep going until you feel the results.
- ② Set your assignments at a comfortable level. It is okay if it is not enough.
- ③ Don't randomly change the assignments you set. Do only what you set out to do.

I was not good at English, but now I use it everyday at work.



- Can you give us an example of your continuity in your work?

Yes, I am. I would like to share with you a case study regarding English, which I felt I was not very good at. Originally, I was not good at English, and my TOEIC score as of April 2009 was 465. Since one of the conditions for promotion in the company's regulations is a score of 600 points, I set my goal to achieve that score.

- How did you continue to learn from there?

What I did was to make sure to attend a one-hour group study session once a week and to read a reference book for 10 minutes every day. To some of you, this may sound like, "Is that all there is to it?" You may think, "Is that all there is to it? But I made it a priority to keep up with it without any strain on myself.

Still, in the beginning, my scores gradually improved. But after scoring over 500 in 2012, I went through a stagnation period for two years, and it seemed there was a barrier to scoring 600. Still, I continued to do my assignments within a reasonable range without rushing, and in September 2014 I was able to score 645 points. At this point, I finished the daily assignments. It is also very important to finish once you have achieved your goal. If you keep working on everything, you won't be able to do anything new.

- Congratulations on achieving your goals. How did you feel you achieved your goal in terms

of learning English?

As I continued to study, the percentage of questions on the exam that I could answer with certainty, rather than with hesitation, increased. Little by little, I could feel the results of this increase, and it motivated me to continue my studies.

- By the way, how is English helping you in your work?

I am currently in Mexico preparing production for the launch of a new unit production line. I think the most important thing when working with overseas bases is communication. I believe it is important to communicate with them every day, even if it takes little time, in order to get the job done as planned. Generally, I think we have regular meetings once or twice a week with our overseas offices, but I try to have a conversation with my partner in Mexico every morning from Tuesday to Friday, starting at about 7:00 am. I think my skill of continuity is put to good use in that we continue the conversation every morning.

- Every morning! That's amazing. How much time do you have?

You talk every morning for 30 minutes to an hour.

- Not so much! Don't you run out of things to talk about?

That's how much we have to talk as a job. And my partner, LEONEL (GODINEZ, LEONEL), is very personable, cheerful, laughing, and not hard to talk to at all. The English I use is at a junior high school level, but we are still able to communicate well.



From the Parts Engineering Department "Smile Pictures".

◆I hope people around me will continue to do the same.

- Do you teach this "method of continuity" to others?

Until now, I have never actively shared my methods of continuation with others. But when I heard that someone in the same group at the training in October had started walking in the morning, I told him about my method and he told me that he is still able to continue every day even after several months.

Now that I have reaffirmed my thoughts after this interview, I would like to promote this approach both in my company and in my private life. Originally, I was not able to continue even things I did not like. I developed a way to continue through my experience in athletics. This method does not require any special effort, so I believe that even those who think "I can't keep going no matter what I do" will be able to keep going. I would be very happy if my advice has improved your ability to keep going and led to results. That would make me very happy.

- Thank you very much. I will immediately start doing mine today.



Master of Continuity!