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Reconquer every day everything you ever conquered.
Do not expect
that the negative programs you have slayed
will stay slayed;
they will come back from different directions.

Thus your evolution is a permanent condition;
do not expect to reach an end to becoming.

Do not expect to maintain a condition of “zero defects”
even for short periods.

Your current robot is a very complex creature;
each instant there is too much going on
to guarantee sufficient attention to each stream.

Therefore, seek to allocate this scarce resource
to where it is needed at the moment,
and accept the necessity
that statistically, some things will get by you:

out of the hundreds of thousands of actions
you take in any given day,
some will be mistakes.

Expecting a 100% accuracy rate is unrealistic,
and therefore inappropriate.

Do not be impatient with yourself.

Progress seems slow because you seem to be able
to set yourself goals to act in certain ways,
and then you find that you are still acting
in other ways.