

evolution from analog to digital technology, for example has revolutionized industries and daily life. Companies that have embraced change, such as Apple and Google, have led the way in progress, continually pushing the boundaries of what is possible. In contrast companies that failed to adapt to technological changes, like Kodak with the advent of digital photography, often face decline.

Progress, by definition implies a movement toward a more advanced or improved state.

Change, on the other hand, is the process that fuels this movement.

Without change, progress becomes stagnant, systems, ideas and individuals remain fixed in their current state.