



5 Steps to Plusing It: Taking What's Good and Making It Better

"We keep moving forward, opening new doors, and doing new things, because we're curious and curiosity keeps leading us down new paths."

—Walt Disney

Step 1: Identify the Good

Think about an area in your life, work, or relationships that is already going well. Write it here:

- What's working? (e.g., a system, habit, or relationship)

- What do you love about it?

Step 2: Dream Big

Imagine how this could be even better. Think creatively and write down a few ideas for "plusing it":

- What would enhance this experience, habit, or system?

- How could you make it more enjoyable, effective, or meaningful?

Step 3: Add the Extra

Choose one idea to experiment with and map it out:

- What's one small, actionable step you could take to "plus it"?

- When will you try it?

Step 4: Anticipate the Impact

After trying your "plus," predict how you will think about the experience:

- What will have changed for you or others because of this improvement?

- Will it feel aligned with your style and values?

Step 5: Validate Your Wins

Celebrate your effort and give yourself some credit:

- How does it feel to think of your capacity to give a little extra or go a little further?

- Who in your life could benefit from hearing about this process?

Plusing is making thoughtful, purposeful adjustments that add value or create ease!
Try plusing it again next week! What's one more area where you can apply this concept?