



Practicing 'More' - A Principle of Success

Practicing 'more' is the practice of doing 'more' towards a goal you would like to achieve. You can do 'more' by taking an inner or outer action. An inner action is an inner activity to strengthen a goal you would like to achieve. An example of an inner action is creating a reminder card of a goal or an action you are taking to achieve the goal and placing it where you see it several times during the day. An outer action is an outer activity you take to achieve a goal such as a meeting, telephone call, doing research or another outer activity.

Practicing 'more' includes the actions you take to develop a strength or skill. A strength is a positive quality such as empathy, appreciation, or courage. A skill is an ability such as the expertise and knowledge of an engineer or a professional in another field.

The benefits of developing our strengths and skills include:

- Greater knowledge
- Innovation and creativity
- Positive relationships
- Creating excellence
- Contributing to society

Here are three exercises for practicing 'more' - one for practicing 'more' each day, one for expanding the ways you create new ideas and work together as a group, and the third exercise is for strengthening the way you relate to one another and create positive solutions together.

Exercises for Practicing 'More'

Daily Exercise for Practicing 'More'

An effective way to practice 'more' is to take an action each day to develop a strength or skill.

This exercise shares an example of developing a strength - a positive quality - every day. You can use the same exercise for developing a skill each day too.

Here are the steps in this exercise.

1. Choose a positive quality you would like to develop in your life. A few examples of positive qualities are; courage, appreciation and empathy.
2. Write a Positive Quality Statement. This is a Statement about the positive quality written as if it is already assisting you to achieve your goals, create positive relationships and develop success in your life and/or work. Here is an example of a Positive Quality Statement.

I am developing the positive qualities of appreciation and acceptance for the people in my life and work. Appreciating and accepting my friends and family is assisting me to create fulfilling relationships. Appreciating and accepting my colleagues at work encourages them to create new ideas and express their creativity in the projects we are working on together. Appreciating and accepting the people in my life helps them individually and strengthens our relationship together.

3. Choose a length of time you would like to work on developing this quality. It could be 60 or 90 days, a year or another length of time which helps you to achieve individual and collective life and/or work goals or a milestone towards a goal and create positive relationships in your life and work.
4. Write down the action or actions you will take each day to strengthen this quality in your life. It can be an inner activity, outer activity or both of these.
5. Every week take a look at your actions and the results you are receiving by developing this quality. Refine your actions weekly and/or monthly.
6. At the end of the time you chose to work with this quality, look again at your actions and their results. Decide to work with the same quality or choose another quality to work on which benefits your life and/or your work.

Practicing 'More' For A Project

We are living in a collective era. Many networks of people and groups are coming together to create positive solutions for the world. It is essential for us individually and in groups to develop collaboration skills for working together effectively.

Collaboration skills include the way a group develops new ideas and works on projects and the way they interact with one another to create positive solutions.

This exercise focuses on the first set of skills - the way a group develops ideas and works on projects together.

Here are the steps in this exercise.

1. Decide on a goal you would like to achieve for a project you are working on as a group.
2. Write a Positive Goal Statement. This is a Statement about the goal as if you have already achieved it successfully. Here is an example.

My engineering group develops water filtration systems for third world countries. Our goal is to provide clean water for families which improves their health and prevents disease.

Our group works together effectively by listening to the ideas and suggestions of one another. This is helping us to develop innovative water technology which is cost-effective for developing countries.

We excel in our work together as we contribute to the health and wellbeing of families and children in third world countries.

3. Decide on the length of time you will work with this goal. It can be a year, 60 or 90 days or another period of time.
4. Make a list of the actions you will take to achieve the goal and to practice 'more'.
5. From this list, write down the actions you will take each month. If you are working on a goal for a year, make a list of your actions for each quarter and then monthly.
6. Divide your monthly actions for each week of the month.
7. Look at your actions for the coming week and select the actions you will take each day.
8. The same or next day, review your actions and results and choose the actions you will take that day or the following day.

Developing Positive Relationships Practicing 'More' Exercise

This exercise focuses on practicing 'more' by strengthening the way you interact and create positive solutions together.

One way to strengthen the way you relate together is to develop your positive qualities - both individually and as a group. This exercise focuses on developing your positive qualities as a

group. You can follow the same steps for developing your individual qualities. When you strengthen your own positive qualities, you naturally contribute more to the group and this helps everyone to excel individually and as a group.

1. As a group, make a list of the positive qualities you would like to develop for relating together in a way which supports each member and helps all of you to excel as a group.
2. Write a Positive Qualities Statement for the group. This Statement includes the positive qualities you are developing together and the benefits it creates for the group.

Here is an example.

As a group, we are developing the positive quality of courage and transparency with one another. We share ideas openly about our projects and interactions with one another. When we are having a relationship issue with one or more members of our group, we speak about the issue with them with the intention of developing a positive resolution that benefits everyone.

The courage to share our thoughts and feelings openly and in a transparent way helps us to find creative solutions and develop trust and support with one another. Developing courage and transparency is helping us develop positive relationships with each member of our group and assists our group to excel in our work together.

3. Work on strengthening these qualities for 60 days or another length of time you have chosen for this work. Decide as a group how you will develop these qualities together.
4. Look at the results you are receiving every week. You can include this as a part of your regular meetings.
5. After 60 days, decide to continue to develop the same positive qualities or choose new qualities to work on as a group.

Practicing 'more' is an essential principle of success. It helps you to go beyond your current goals and create new possibilities in your life and work. Practicing 'more' helps you to create wellbeing and success and expand your positive contribution to people and society.

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