

The Power of One More

The Ultimate Guide to Happiness and Success

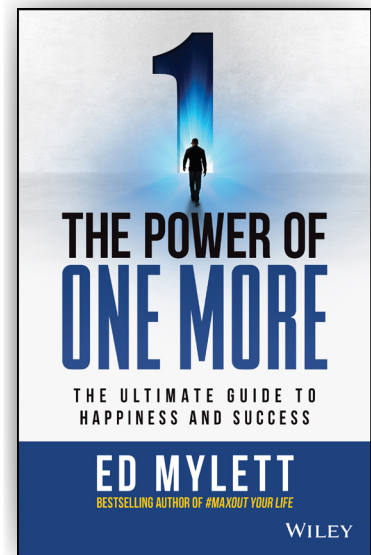
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KEY TAKEAWAYS

- Reaching your goals is achievable when you do just one more thing in the right direction, repeatedly.
- A *One More life* is based on intentionality—choosing how to feel and which actions to take.
- Ideas only become reality when you pair dreams with the right actions.
- You'll live your best life when you face every day with a *One More mindset*.

OVERVIEW

Often, all it takes to achieve what you want in life is one more: one more phone call, one more job interview, one more relationship. In **The Power of One More**, Ed Mylett explains how your willingness to do just one more thing in pursuit of your goals can help you achieve them. Mylett provides easy-to-follow proven principles and strategies for living a *One More life*.

ONE MORE IDENTITY

You become a *One More thinker and doer* by reshaping your identity—what you think and believe about yourself at your inner core. Your identity operates like a thermostat. Where you choose to set your concept of your self-worth determines what you achieve.

Reset your identity thermostat through this trilogy of core principles:

1. *Faith*. Open your heart to the power of faith. It can inspire profound change in your life.

2. *Intentions*. Focus on your good intentions rather than your circumstances.
3. *Associations*. Surround yourself with people who can help you become who you want to be.

ONE MORE AND LIVING IN YOUR MATRIX

Your *reticular activating system* (RAS) is the filter your mind uses to focus your attention on what you think is important. You can choose to let your RAS do the work for you (much like in the movie *The Matrix*), or you can intentionally direct your RAS to work in your favor.

Optimize your RAS by:

- Framing your thoughts positively.
- Repeating those thoughts frequently.
- Eliminating procrastination.

ONE MORE TRY

Children learn to ride a bicycle by trying over and over again. By embracing the concept of *One More try* and applying it to every aspect of your life, you'll create new opportunities for yourself. Make One More try work for you by:

- Pushing yourself to new levels.
- Perfecting everything you do.
- Depleting your efforts.

ONE MORE AND THE FIVE PRINCIPLES OF TIME MANAGEMENT

One More thinkers use these five principles to make the best use of their time:

1. Add more "days" to your day by dividing waking hours into three blocks of time.
2. Approach time with a greater sense of urgency so you perform better, similar to an athlete.
3. Control time instead of letting it control you through mindful planning.
4. Measure your performance often to become more efficient.
5. Focus on the future so you don't waste time ruminating over the past.

ONE MORE EMOTION

We live in *emotional homes*—inner dwellings built out of the emotions we've become familiar with. Sometimes those emotions don't serve us well. You can choose the emotions that build your emotional home and create a healthier emotional state for yourself through *emotional decluttering*—applying honesty and intentionality to eliminating unproductive negative emotions.

Reframe your emotional mindset and bring more positivity to your emotional home through:

- Practicing meditation and mindfulness.
- Seeking a balance between negative and positive emotions.
- Identifying and managing what triggers your negative emotions.
- Making a conscious effort to change which emotions dominate your life.

ONE MORE ASSOCIATION

Who you surround yourself with impacts your success or failure. Your relationships have a profound influence over your life. Choose them carefully. Every relationship has a purpose. As your life unfolds, expect that your inner circle and your associations will change over time. Your goal should be to continually elevate your relationships and associations.

ONE MORE DREAM

The happiest people live out their dreams, not their histories. However, all too often we get stuck in the replay loops and patterns of our pasts. You can get unstuck by recognizing these loops and patterns and taking conscious steps to unleash your dreams and imagination.

Accept and let go of your past, forgive yourself for any previous missteps, and put your imagination to work. Let go of negative mental blocks and replace them with specific visions of what could be. When you free your mind to imagine, your subconscious will begin to make connections between unrelated thoughts that could become your next great idea. When you get that great idea, perform the right actions to make it real.

ONE MORE QUESTION TO ASK OURSELVES

Asking yourself the right questions is the path to getting answers that can change your life for the better. All too often individuals ask themselves questions that take away their power. Instead, you need to ask the questions that empower you—thoughtful questions that lead to answers that open opportunities in your life. By doing so, you create opportunities you can control.

ONE MORE GOAL

Most everyone has some sort of system for setting and pursuing goals. Here are a few basic principles that can make you more successful, no matter what system you use:

- Create a corresponding set of standards that will guide how you achieve your goals.
- Accept that you can't always control the outcome of your efforts.
- Keep your goal-setting system simple and flexible.
- Create your goals when you're in a "peak" mental and physical state.
- Identify compelling reasons behind your goals.
- Determine the resources you'll need to achieve your goals.
- Repeat your goals to yourself regularly to deeply embed them in your psyche.
- Create goals in multiple timeframes.

ONE MORE HIGHER STANDARD

Goals and standards are inextricably linked. You can't reach your goals unless you've set your standards—the actions you'll take to achieve your goals. Your standards in part define what you will or won't tolerate in pursuing your goals. Your standards must align with your self-worth. Great achievers set high standards.

You can set high-quality standards with these nine tips:

1. Understand the reason behind your goal.
2. Break standards down into steps.
3. Be honest and realistic.
4. Get help where you need it.
5. Use technology for standard tracking.
6. Consciously evaluate the relationship between your goal and your standard.
7. Let go of striving for perfection.
8. Don't overthink to the point of immobility.
9. Make sure your standards are pleasing to you.

ONE MORE IMPOSSIBILITY THINKERS AND POSSIBILITY ACHIEVERS

You don't achieve your dreams by thinking about them; you achieve them by doing. Reaching your goals requires marrying your thoughts with actions. Your dreams are visions of possibility. Those dreams become real when you take deliberate, directed steps to achieve them. This is the dynamic that makes you a *One More impossibility thinker* and a *possibility achiever*.

ONE MORE HABIT

The outcomes in your life are derived from your habits. Habits are the most efficient way for your brain to process the energy you use to affect an outcome. When you're intentional about your habits, you can direct them to support the outcome you desire.

Motivation and inspiration aren't enough for you to achieve your goals. You must establish and maintain the habits that will get you there. Your habits are also connected to your emotions. By reframing your emotions toward positive thinking and habits, you have a better likelihood of achieving your goals.

New habits are created by intentional thought and repetition. Follow these three steps to instill a new habit:

1. Create a trigger that inspires the desired behavior.
2. Perform the new action that constitutes the habit.
3. Enjoy the benefits.

ONE MORE MULTIPLIER

In any situation, even one small positive change can make a significant difference. This principle is evident when there's good chemistry between team members, or in a successful marriage, where two individuals align to create outcomes better than either one could have produced on their own.

Adding the right *One More multiplier* to your team is a strategy that can deliver exponential results. You'll achieve the best results by following these principles:

- Make sure your One More multiplier understands the bigger picture.
- Allow them a voice and listen.

- Give them decision-making autonomy.
- Let them do what they do best, without impediments.
- Encourage them to higher levels of achievement.
- Leave your ego at the door.
- Listen to and act on constructive feedback.
- Know when to lead and when to let go.

ONE MORE INCONVENIENCE

Achieving greatness is inconvenient. It can be fraught with challenges. By embracing inconvenience, you're accepting the reality of what it takes to achieve greatness, and thereby increasing your chances of getting there. A convenient life is an unchallenged life. It won't give you the satisfaction you ultimately seek.

Embrace inconvenience by tackling difficult and inconvenient tasks and seeking out relationships based on more than ease. The satisfaction and self-esteem you'll gain will build character and help you overcome even greater challenges on the path to achieving your goals.

ONE MORE AND DEFINING LEADERSHIP

One More leaders help others accomplish more than they could accomplish on their own. They do this by:

- Inspiring others with a dream.
- Bringing forth the unique inherent gifts other individuals possess.
- Helping others meet the six basic human needs of certainty, uncertainty and variety, significance, love and connection, growth, and contribution.

Leadership is established more by example than by words. Model what you want your people to become. In setting the example, always do that One More thing.

ONE MORE AND 11 LEADERSHIP PRINCIPLES

You can improve your effectiveness as a leader by practicing these 11 leadership principles:

1. *Become an evangelist.* Your first priority is to sell a dream.
2. *Listen and observe.* This is how you'll identify others' unique gifts.
3. *Wise leaders build other leaders.* The world needs more leaders.
4. *Love, believe in, care, and show people how to live better.* Encouragement and kindness are transformational.
5. *Repetition, repetition, repetition.* Your message should be the same, but told to increasingly more people.
6. *Be generous with recognition.* People thrive on praise.
7. *Have a cause, crusade, and mission.* People need a reason and a direction.
8. *Be authentic and humble.* Telling the truth and taking responsibility is everything.

9. *Create a culture.* A healthy culture that meets individuals' needs drives a thriving business.
10. *Give people the resources they need to be successful.* Arm your people properly to win the battle.
11. *Build a movement.* Inspire others.

ONE MORE DEGREE OF EQUANIMITY

Equanimity means "achieving serenity and mental calmness in a world filled with stressors." It's the glue that holds the strategy of One More together. Equanimity is reinforced when you:

- Accept what you can't change.
- Recognize the impermanence in life.
- Let go of the pain from bad experiences.
- Realize the insignificance of the individual in the grander scheme of things.
- Embrace change.

Equanimity brings a sense of balance to a tumultuous world and gives you the energy you need to persevere without giving into extremes.

ONE MORE PRAYER

Faith is a personal choice that allows you to believe in something beyond yourself and the physical world. Faith transcends specific religions and spiritual practices. It can provide a valuable touchstone for achieving your dreams. Desire is a form of prayer. Together, faith and prayer are a powerful force that can cultivate the good in people, bring inner peace, and provide the energy to drive positive change in the world.

ONE LAST ONE MORE

Every person experiences difficulties in their lives. As painful as those difficulties might be, they also provide important opportunities for learning and growth. Nothing in life is permanent. Sooner or later everything ends, including your own life. Your awareness of that can help you make the most of your life while you're living it.

When you connect emotion to your goals, you'll be more willing to make the investment in overcoming any challenges you face in achieving those goals. Approach reaching your goals with a One More mindset. When obstacles make you feel like quitting, simply embrace the concept of One More:

- Live One Last One More as often as you can.
- Treat every day as a new life.
- Remember: It's never too late for One Last One More.

ABOUT THE AUTHOR

Ed Mylett is a highly successful entrepreneur who has blended his unique experiences with a diverse set of practical strategies that have made him one of the most sought-after inspirational speakers in the

world today. He has enjoyed considerable success, in part through his unrivaled work ethic and ability to fire up people with his dynamic, high-octane presentations. Over the years, he has been involved in several tech, real estate, medical, and food ventures, among many others, leading him to be named a *Success* magazine SUCCESS 125 most influential leader in 2022. Mylett is a best-selling author; host of the popular weekly podcast *The Ed Mylett Show*; and an effective keynote speaker in intimate gatherings, arenas filled with 50,000 people, or online to audiences in the hundreds of thousands.

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