

Change the quality of your thoughts and you'll change the quality of your experience.

INTENTIONS

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“Nature’s intelligence functions with effortless ease...with carefreeness, harmony and love... And it is human nature to make our dreams manifest into physical form easily and effortlessly.”
-Deepak Chopra

Do Less, Accomplish More

Do less and accomplish more; how does that sound to you? Some would view it as an absurdity. After all, we've been brought up with the beliefs that hard work and being attached to goals are the only means to success. Today, we are being introduced to a new view, the law of least effort. Before you summarily reject this notion, consider the potential benefits of the concept; more time, more effectiveness and more happiness.

Let's begin with the analytic, left brain.

Perhaps you've heard the phrase "do it, delegate it or dump it." Personally, my preference is to view it in the reverse order, that is... "dump it, delegate it, or do it."

Dump it

Perhaps you'll recall Peter Drucker's quote from January's "Intentions" essay which aptly states, "There is surely nothing quite so useless as doing with great efficiency what should not be done at all. So jettison from your rocket the excess baggage on your to-do list and then move on to..."

Delegate it

We can continue to lighten-up our loads by delegating much on our "to do" list. First, we take stock in our own unique talents, what do we do best and enjoy most. We then look creatively to the various resources available to delegate all those tasks which may not speak to our strengths and preferences.

Now, before we move to human resources, let's make the most of automation. Things such as automated banking and auto-responders to our website. These are not only time-savers, they also eliminate the need to follow-up with the delegatee.

Next, we look to human resources.

In business, know your role and the talents of your staff. If you're a salesman who loves client contact, delegate to staff, or hire staff, to handle the paperwork and follow-up. Think macro-economic. Consider the cost of the papers you're pushing. For every hour you spend doing \$10 an hour work, your giving up the \$200 an hour potential income your talents command. You'd also enjoy the reward of creating work for someone who can use the extra money.

On the home front, family members can integrate and share appropriate tasks based on unique talents and personal preferences. Let the organizer in the family happily handle the details, let the creative person handle the interior decorating and let the communicator make arrangements for family and social get-togethers.

“Programs designed with the whole brain in mind.”

John Felitto, trainer & coach

If your running a home-based or local business, realize that your "baby" is now 13 years old and may enjoy helping in the office with filing, copying and other administrative support tasks. Your children get the benefit of acknowledgment and the message that you believe in them and their capability, (not to mention a couple of extra bucks in their pocket.)

Do it

Now you are freed up to focus on what you do best and your efficiency transforms into effectiveness. Your time can now be directed to a delicious spread of nurturing activities. Some additional time toward more profitable business/accomplishments and some time for personal delight.

Now some attention to the feelings of our right brain

Using time wisely to rejuvenate is a bonus for you, your family, your clients' and/or fellow associates. When I free up time to go out to the airport and fly on a weekday morning, I come back to the office energized and fully alive to give my clients' the benefits of a fresh and fully present me. I also give my family a happy and joyful me. What's your personal passion, hobby and loved activity? Have you made time for this or are you too busy being dictated by the "shoulds" of adulthood. Incorporate the concept of being a "chi-dult" that is, part child and part adult. Blend the value of personal responsibility with the joy of human playfulness. Many corporations have now included midday play and sports activities to stimulate more whole brain activity, thereby increasing creativity, effectiveness, improved morale and profitability.

Now let's work with the creative, right brain

Take a moment to speak directly to your inner conscious mind. Close your eyes, relax your body and take a few deep breaths. Review some recent successes and pleasant experiences to get yourself in the "right" mindset. Take some time to think about all that you are doing in your busy life. Ask yourself the following questions: How many of my activities are coming from old, work-ethic conditioning?

How many of my activities are rote, unnecessary activities?

Which activities will I dump?

What are my unique talents?

Am I making full use of my talents?

What tasks will I delegate?

What joyful activities have I denied myself while being so busy?

When will I go out and play?

Then, introduce creative, metaphoric images which have awesome power by speaking directly to the subconscious mind; images which have the brain working on your desires while you are busy doing other things.

I offer you the following image. Remain with your eyes closed. Imagine yourself taking off in a hot air balloon. See yourself rising higher and higher into the sky as you purge unnecessary baggage from the balloon.

I strongly urge you to participate in this non-traditional type of exercise. After all, we happy people who are using more of our minds and brains would love to have you with us.

Feel how you lighten up your life as you embrace the law of least effort, as you do less and accomplish more.

Whether you'd like some one-on-one coaching about this or some supportive material to work with going solo, please feel welcome to call "the coach."

"Intentions" is a free publication promoting the use of the whole brain and mind, to live life mindfully and purposefully through the awesome power of awareness and intention, for the benefit of all. Written by: John Felitto, Mind Development Trainer & Coach, 65 Mendolia Ct., Pearl River, NY 10965 (845) 735-4284 Email comments to: John@EvokeYourGreatness.com.