

The More You Do . . . the More You Can Do

Donald Mitchell

Many people believe that by seeking to do less now, they will be able to accomplish more later. Their thinking often goes something like this:

“I’ve only got so much energy. If I use some of it now, I’ll have less energy for later.”

So when the opportunity arises to take on an extra assignment at work, many people begin mentally balancing the benefits of performing the assignment against the time and effort that could go, instead, into personal interests such as texting with friends, posting on Facebook, playing electronic games, or adjusting a fantasy sports team. After such a comparison, it’s pretty likely that doing anything extra for a job is going to have a lower priority.

Dedicated couch potatoes have a similar view. Why sit up to watch television when you could lie down? Why get up to change channels when you can use the remote instead? Despite carefully conserving energy, many of these horizontally inclined people report feeling more tired after such “restful” activities than before.

Yet every organization has someone who reminds the people there of the Energizer bunny . . . who just keeps going . . . and going . . . outlasting the competition.

If you ask such a nonstop go-getter about why activity is preferred to taking it easy, you are likely to hear one of the following responses:

“I like to keep busy.”

“I find the time passes more quickly when I have a lot to do.”

“The more I do, the more energy I have.”

What’s going on with these people?

Well, they have discovered that being more active can create more energy. With more energy, tasks seem easier and don't take as long.

You often hear something similar from athletes. When out of shape, everything is difficult. Once in superb shape, nothing seems difficult or requires much effort. They just glide through one physical challenge after another.

The apparent limits on accomplishing more are often mental and emotional, what we think we can do . . . and like to do, rather than physical, what we can actually do.

I first experienced adding potential to do more when I decided to study computer programming at night while in law school. While my legal studies were certainly very demanding, they didn't exercise my whole brain. Law school was a lot like attending English classes all day. I yearned for some math and science.

After my programming classes, I would return home almost as refreshed as if I had just awakened from a good night's sleep. When I started reading for the next day's law classes after studying programming, my refreshed eyes and mind raced through the material many times faster than they could have done earlier in the day. In total, I not only learned a lot more . . . but the total amount of time required for study was actually reduced.

As you can see from my example, balancing activities can be remarkably refreshing as well as highly productive. As I thought about my experience, I was reminded of Lauren Chavez, M.D., a talented physician who is an MBA graduate of Rushmore University. Let me tell you about her.

While serving as the medical director of the emergency department at the Eastern New Mexico Medical Center in Roswell, she decided that an MBA degree could help her do a better job in the non-medical aspects of her work. Emergency room physicians are kept pretty busy on the job, so she looked for a way to learn that offered a flexible schedule. Individual online tutoring fitted perfectly with that need.

Undoubtedly, business administration studies were a nice change of pace from the high tension of fixing up people who had just been in serious

accidents, helping people who were having heart attacks and strokes, and those without regular physicians who arrived with odd complaints.

Dr. Chavez was pleased to discover that what she learned could also be applied to help with practical projects at her church. That was a nice discovery because she puts God first in her life.

After earning the degree, she decided to open her own business, ClearWaves Medical Laser Group in Albuquerque, where she provides laser-based procedures for improving skin appearance and removes fat by liposuction.

When Dr. Chavez started ClearWaves, business skills acquired during the MBA program allowed her to take control of her time, allowing her to spend more time at The Southwest Church in Albuquerque where her husband, Tony, is the Senior Pastor. A gifted Bible teacher, she can also cover a lot of Scripture with powerful insights in just a short amount of time.

Not one to let any grass grow under her feet, she has also earned a private pilot's license, fulfilled the instrument and commercial pilot requirements, and qualified as a certified flight instructor.

This gentle, caring woman of God is a living testimony to the premise that the more you do now . . . the more you can do now and later. In her case, added knowledge enabled her to direct her seemingly boundless energies more productively . . . like, well, a laser beam.

Do you want to accomplish more? Consider how taking on some new knowledge could expand your horizons and allow you to increase and apply your energy for a more wonderful, fulfilling life doing what you care about.

What are you waiting for?

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