

# more, More, **MORE**

**Do you want more? Can you give more? Yes and Yes.**

**My morning exercise routine at the YMCA involves a spin class two mornings a week at 5:30AM. A spin class is riding a stationary bike at various speeds and resistance levels based on the instructor's directions.**

**Some mornings the spin hurts as it starts. Sometimes I wonder if I can keep up. Yet, I do. I'm not about to allow others to do more than I do. The peer pressure and the coach nudging you to do More, More, MORE works wonders.**

**This morning I left the class with the sweat dripping off me, and having ridden fifteen miles in fifty minutes. It was quite a workout.**

**Without the spin instructor, and the peer pressure, I would never have accomplished so much. We all slack off to some extent when we are alone. Yet, with a coach and with others we do More. We accomplish More and we feel better.**

**Do you want More, More, MORE out of life? Sure, we all do. Then, give more, and push yourself. Be sure to have a mentor, a coach, and measure. Measure what you'd done and keep increasing the goal.**

**Life is to be lived, fully lived. So, live it. Give it your all. Go beyond your self imposed lazy limits. You can do more, you can give more of yourself, and you can accomplish more.**

**I wanted to be a better sailor. To do that I joined a racing program where we raced every Wednesday night. Once I joined I then picked my crew. Interestingly, I was the weak link in the crew.**

**They were all better sailors than I. That is why I choose them. I wanted to learn and I wanted to be a better sailor. Sailing with those better than I was, and competing against other boats, worked.**

**The first year we finished close to last place. The next year we finished in third place. The third year we finished first claiming the title on the last race. The fourth year we not only finished in first place, we won before the final race, as our scores were so good. Great progress over four years. Yes, my crew did teach me and together we accomplished more each year.**

**Now, the spin class is over and this article is almost complete. Yet, what MORE can I do today? There are a lot of things I can do.**

**What can you do today? Just start it, focus on it, and you'll be surprised how much you can get done if you just start and challenge yourself. Reporting to someone always works. Tell someone who will, kindly, hold you accountable.**

**Let's make June the month of MORE. Let's get done what we are behind on. Let's get done those things that will allow us to enjoy July and August without feeling guilty. Let's do what will allow us to enjoy time off in the summer. Let's do MORE, today, all week, and all month.**