

# NEVER STOP GROWING!



## Pursue Your Passions

**LAW 6: Always make your enjoyment greater than your effort.** — *The Laws of Lifetime Growth* by Dan Sullivan and Catherine Nomura

“Enjoyment is essential for lifetime growth. Some people believe that success has to be hard earned to be real... They continue to toil away at things that give them no pleasure, suppressing any hints of enjoyment that may creep through, lest these be interpreted as signs that they are not ‘serious’ or ‘professional’ and deserving of success. In the process, they cut themselves off from a major source of energy, creativity, and motivation. Finding ways to get more and more enjoyment from your activities is one way to ensure continued growth. Creativity in all fields of activity is intimately linked to playfulness—the constant desire to do new things just for the fun of it. Approach everything you do with this sense of play, and you will ensure that, even though you still get as good or better results, your enjoyment is always greater than your effort.” — *The Laws of Lifetime Growth* by Dan Sullivan and Catherine Nomura

... *the joy of the Lord is your strength.*  
—Nehemiah 8:10

“In order that people may be happy in their work, these three things are needed: they must be fit for it, they must not do too much of it, and they must have a sense of success in it.” —John Rustin

### Principles to Increase Your Job Satisfaction

#### Absorption

“Nothing is really work unless you would rather be doing something else.” —J.M. Barrie

“Your job is not a game. But when you approach it like a game, you’ll enjoy it more and you’re more likely to be successful at it.”

—Research/University of Chicago

“Games produce a condition called ‘flow,’ characterized by absorption in the activity (not thinking about anything else), a feeling of control and enjoyment. And one of the most common characteristics of flow is that time seems to fly.”

—Mihaly Csikszentmihalyi

“There is an important clue as to whether one is carrying out good work. Doing good work feels good. Few things in life are as enjoyable as when we concentrate on a difficult task, using all our skills, knowing what had to be done.” —Howard Gardner, Mihaly Csikszentmihalyi, and William Damon

#### Adjustment

“One of the symptoms of an approaching nervous breakdown is the belief that one’s work is terribly important.” —Bertrand Russell

#### Appreciation/Association

Three things all workers want and need for job satisfaction:

- 1) Recognition—I am valued
- 2) Respect—I am important
- 3) Reward—You did good!

#### Adaptation

“The best cure for a sluggish mind is to disturb the routine.” —William Danforth

“Life is not a static thing. The only people who do not change their minds are incompetents in asylums, who can’t, and those in cemeteries.”

—Everett M. Dirksen

#### Accomplishment

“I loathe drudgery as much as any man; but I have learned the only way to conquer drudgery is to get through it as neatly, as efficiently, as one can... A dull job slackly done becomes twice as dull, whereas a dull job which you try to do just as well as you can becomes half as dull.” —Harold Nicolson

*Whatever your hand finds to do, do it with all your might...* Ecclesiastes 9:10a

#### Alignment

*But they who wait for the LORD shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.* —Isaiah 40:31