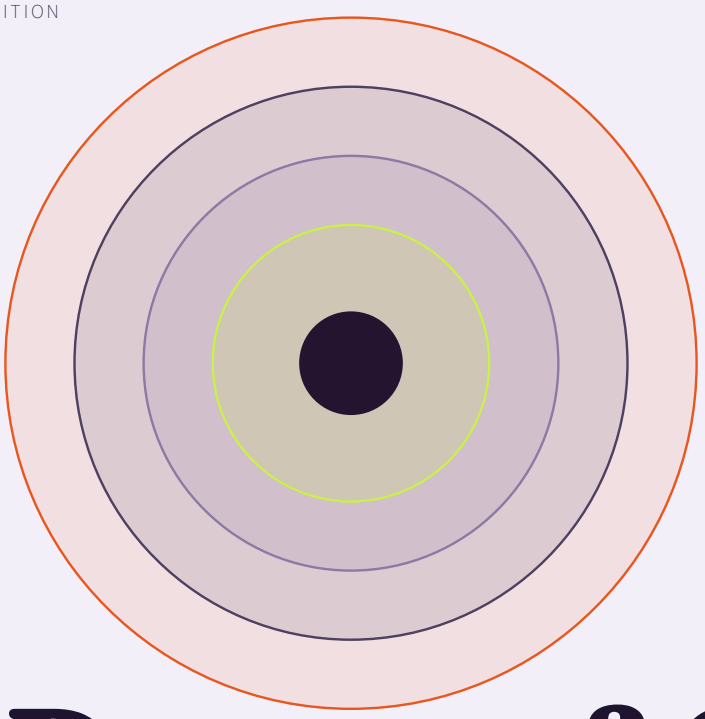


The Power of One More: The Ultimate Guide to Happiness and Success

A reading of the book by Ed Mylett (2022)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of The Power of One More: The Ultimate Guide to Happiness and Success, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

Ed Mylett is an American entrepreneur, performance coach and the host of The Ed Mylett Show podcast, and this is his second book after #MAXOUT Your Life. He argues that the gap between ordinary and outstanding lives is rarely talent. It is the habit of doing one more: one more call, one more try, one more hour when you want to stop. Each chapter applies that idea to a different part of life, from identity, emotions and goals to habits, leadership, equanimity and prayer. A central image is the identity thermostat: your results keep drifting back to the level of who you believe you are, so lasting change means raising that setting. He draws on his own business career, his family and the people he has worked with and interviewed.

Below are the 9 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1

HOURLIFE TAKEAWAY

Your results keep drifting back to the level of who you believe you are, so raise the setting, not just the effort.

Mylett calls this the identity thermostat. A good month pushes you above your setting and a bad one pulls you below it, but either way you return to it. He names faith, intentions and the people you spend time with as the levers that move the setting itself.

2

HOURLIFE TAKEAWAY

The breakthrough often sits one swing past the point where most people stop swinging.

The chapter on trying again uses a piñata. Every swing that seems to do nothing is still weakening it, and you cannot see which swing will be the one that breaks it open. Quitting early throws away all the cracks you already made.

3

HOURLIFE TAKEAWAY

Your mind filters the world for whatever you have decided matters, so decide on purpose.

Mylett calls the filter your matrix and links it to the brain's reticular activating system. It is the same effect as noticing one model of car everywhere once you plan to buy it. Point the filter at opportunities and you start to see them.

4

HOURLIFE TAKEAWAY

A goal is something you might hit; a standard is the level you refuse to live below.

The book treats goals and standards as different tools. Goals give direction, but you often miss them. Standards are what you do every day regardless, and raising one, even slightly, changes more than a bigger goal does.

5

HOURLIFE TAKEAWAY

The people closest to you quietly set your ceiling, so choose your inner circle as if it matters.

In the chapter on association, Mylett pictures your relationships as a target with a small bull's-eye in the middle. Not everyone earns a place there, and he suggests letting people audition for it over time rather than handing it out by default.

6

HOURLIFE TAKEAWAY

Confidence grows out of small promises to yourself that you actually keep.

Each kept promise is evidence that you are who you say you are. Each broken one teaches you not to believe yourself. Doing one more than you promised is the quickest way to rebuild that trust.

7

HOURLIFE TAKEAWAY

Choose one inconvenience on purpose, and the unplanned ones lose some of their grip.

A whole chapter argues for seeking out discomfort rather than avoiding it. The hard thing you pick in advance trains you for the hard things you didn't pick. Comfort, kept up for too long, lowers the setting.

8

HOURLIFE TAKEAWAY

The best performers make the people around them better, not just themselves.

The chapter on being a multiplier uses Tom Brady as its example of a player who lifts a whole team. Applying one more to other people, one more encouragement or one more standard held for the group, compounds faster than effort on your own.

9

HOURLIFE TAKEAWAY

Staying steady through praise and blame, gain and loss, is a skill you can practise.

Mylett borrows the Buddhist idea of the eight worldly winds: the pairs of gain and loss, praise and blame, fame and disrepute, pleasure and pain. High performers still feel them. They just don't let each gust decide their next move.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Write down your identity setting
- [ ] Pick your one-more areas
- [ ] Turn one goal into a standard
- [ ] Map your inner circle
- [ ] Schedule one chosen inconvenience

KEEP UP DAILY

- ◯ Do one more when you want to stop
- ◯ Keep one small promise every day
- ◯ Ask a better question at night

30 days · Nov 6 - Dec 5, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 6 - Dec 5, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

- [ ] SETUP 1

Write down your identity setting

Write one paragraph, in the present tense, describing who you are on your best day.

Keep it where you will see it each morning and read it before you check your phone.

MY VERSION

DONE ON

- [ ] SETUP 2

Pick your one-more areas

Choose one to three parts of your life to work on, such as health, work or family.

For each, write what one more looks like: one more call, one more set, one more bedtime story.

MY VERSION

DONE ON

- [ ] SETUP 3

Turn one goal into a standard

Take a goal you keep missing and write the daily minimum you will hold no matter what.

Make it small enough that you can keep it on your worst day.

MY VERSION

DONE ON

- [ ] SETUP 4

Map your inner circle

List the people you spend the most time with.

Mark who raises your setting and who lowers it, then book one extra hour this month with someone who raises it.

MY VERSION

DONE ON

- [ ] SETUP 5

Schedule one chosen inconvenience

Put one hard, optional thing in your calendar for this week: the early workout, the call you've avoided, the honest conversation.

Choose it now so the decision is already made.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Do one more when you want to stop

At the moment you would normally quit, do one more rep, page, call or attempt.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6 ○	7 ○	8 ○
9 ○	10 ○	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Keep one small promise every day

Each morning, promise yourself one small thing you will do that day, and do it.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Ask a better question at night

Before bed, ask yourself what you did one more of today and what one more would look like tomorrow.

Nov 6 - Dec 5, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
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December 2026

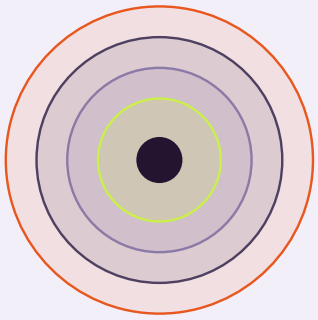
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



Most of the distance between who you are and who you could be is covered one extra try at a time.

HOURLIFE NOTE AFTER ED MYLETT

Read it online, and vote on the takeaways: The Power of One More: The Ultimate Guide to Happiness and Success · The reader's edition
hourlife.com/books/the-power-of-one-more
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