

## **You Do Not Need More**

### **Accessing What Is Already There**

Modern culture is obsessed with improvement.

Become more confident.

More productive.

More successful.

More resilient.

More disciplined.

More efficient.

Everywhere we look, we are encouraged to become more than we are.

As if something essential is still missing.

As if the solution to our struggles lies in adding something new.

More knowledge.

More skills.

More techniques.

More strategies.

Sometimes this is true.

But often it is not.

Because many of the difficulties people experience do not arise from a lack of potential.

They arise from a lack of access to that potential.

### **Talent, skill and freedom**

Human performance is often shaped by three different factors.

The first is talent.

Talent is what we are born with.

Some people possess an extraordinary sense of rhythm.

Others have a natural feel for movement, language, leadership, creativity or human relationships.

Talent creates possibility.

But talent alone is never enough.

The second factor is knowledge and skill.

These are acquired through learning, practice, repetition and experience.

This is where effort matters.

The musician practises scales.

The athlete trains for years.

The surgeon studies and refines techniques.

The teacher learns to teach.

The entrepreneur learns through failure and persistence.

Knowledge and skill are earned.

They require dedication, patience and hard work.

Yet even talent and skill together do not guarantee success.

A third factor remains.

Freedom.

The freedom to access what has already been acquired.

The freedom to trust what has already become part of us.

The freedom to allow our abilities to express themselves when they matter most.

### **When less comes out than goes in**

Most people have experienced moments when they performed below their actual level.

Not because they lacked talent.

Not because they lacked preparation.

But because something interfered.

Pressure.

Fear.

Self-consciousness.

Perfectionism.

The desire to control.

Suddenly the athlete cannot access years of training.

The musician loses fluidity.

The speaker struggles to find words.

The student forgets what they know.

The ability has not disappeared.

The knowledge has not vanished.

The skill remains.

But access has become restricted.

The problem is not capability.

The problem is availability.

### **More is not always the answer**

When people struggle, the instinct is often to seek more.

Another course.

Another book.

Another technique.

Another strategy.

Sometimes this is useful.

But sometimes the answer lies elsewhere.

Sometimes the question is not:

“What do I need to add?”

But:

“What is standing in the way?”

What tension am I carrying?

What fear am I fighting?

What am I trying to control?

What am I no longer allowing myself to feel?

Removing obstacles can sometimes be more powerful than acquiring new skills.

### **The wisdom of uncovering**

In Dutch, the word *ontwikkeling* is often translated as development.

Yet its literal meaning points towards something deeper.

It suggests unwrapping.

Uncovering.

Revealing what was hidden beneath the layers.

This perspective changes how we look at growth.

Perhaps growth is not always about becoming more.

Perhaps it is often about becoming less burdened.

Less defended.

Less disconnected.

Less controlled by fear.

Less constrained by the expectations of others.

Perhaps growth is not the process of adding.

Perhaps it is the process of uncovering.

### **Beyond performance**

This principle extends far beyond sport, business or leadership.

It applies to relationships.

Many people already possess the capacity to love, connect and care.

Yet fear, disappointment or past experiences may prevent those capacities from being fully expressed.

It applies to creativity.

The creative impulse often exists long before people give themselves permission to trust it.

It applies to confidence.

Confidence is not always something we build.

Sometimes it is something that naturally emerges when fear no longer dominates.

Again and again, the same pattern appears.

The potential is often already there.

The challenge is creating access to it.

### **My work**

Over the years, I have become increasingly aware that my work is rarely about adding something to people.

I cannot create talent that is not there.

I cannot give someone abilities they have never acquired.

I cannot make people more than they are.

What I can do is help people gain access to what is already present.

Their feelings.

Their strengths.

Their wisdom.

Their resilience.

Their capacity for connection.

Their ability to respond to life.

My work is not about adding.

It is about uncovering.

### **Becoming Who You Already Are**

Perhaps the most meaningful growth does not come from becoming someone else.

Perhaps it comes from becoming more fully ourselves.

By removing what blocks us.

By reconnecting with what matters.

By trusting what has already been learned.

By allowing our abilities, emotions and humanity to become available once again.

Because the question is not always:

“What do I still need?”

Sometimes the more important question is:

“What is already here that I have lost access to?”

And what might become possible if I found my way back to it?