

One Small Thing Today

Shrink the day down to one thing when everything feels like too much.

WHEN TO USE THIS

Use this on a morning when getting through the day looks impossible.

What is the one thing that has to happen today? Only one.

Eating counts. Getting dressed counts. A phone call counts.

What can wait until next week, or until you feel like it, or never?

1.

2.

3.

The rest of this page is yours. Leave it empty if you want to.

One thing is a full day right now. That is not a low bar, it is the right one.