

One Thing Today

Pick one thing for today. Not a list. One.

WHEN TO USE THIS

Use this on a morning when a full list would sink you.

Today, I am going to:

One thing. Write it big.

When will you do it, and what has to be true for it to happen?

At the end of the day: did it happen? What got in the way, if it did not?

One thing done is a real day. The rest can keep waiting.