

This exercise is designed to help you prioritize that ONE thing you can do each day and week (in all areas of your physical, emotional and spiritual health) to optimize your energy, mindfulness, nourishment, intra and interpersonal relationships, productivity and self-care.

- The **ONE** thing you pick is non-negotiable. That means you are realistic with your time and how, where and when to do it.
- When you say a sound **`YES`** to yourself, often you need to say a clear **`NO`** to distractions, less important tasks, or social invites.
- **You** and your **ONE** thing come first. Before anything else.
- When you **prioritize** your **ONE** thing, you are always **ONE** step ahead to the next step.
- Picking just **ONE** thing (from each category) removes the feeling of overwhelm and angst.
- Finishing just **ONE** thing with precision, positivity and focus weighs more than attempting to do more, and falling through.
- When we try to do **everything**, we accomplish **nothing**.
- Picking that **ONE** thing you commit to doing each day/week is like a **breath of fresh air**; it stimulates your mind to rejuvenate and distress. And gives you mental clarity and focus.
- Knowing that you have checked your **ONE** thing off your list each day gives room for adding more, when your schedule allows it.
- Knowing that you have done your **ONE** thing keeps you focused on your

progress and is also easy to track.

- When you can measure your progress, you **feel inspired to** keep going!
- Please remember that you may not know the answer to each questions. However, clarity always comes from engagement, not thought.
- **Let`s Do it!**

A cool quote to keep in mind: ***People do not decide their futures, they decide their habits and their habits decide their future*** – F.M. Alexander

For My Mental Health

- What`s the ONE thing I can do today to distress my mind?
- What`s the ONE thing I can do today to feel more focused on my tasks?
- What`s the ONE thing I can do today to improve my productivity and eliminate distractions?
- What`s the ONE thing I can do this week to develop better confidence?

For My Physical Health

- What`s the ONE thing I can do today to move my body and reach my fitness goals?
- What`s the ONE thing I can today to nourish my body and fuel my brain?
- What`s the ONE thing I can today this week to get more energy?

- What`s the ONE thing I can in the next 90 days to get in the physical shape I want?

For My Emotional Health

- What`s the ONE thing I can do to feel better about myself today?
- What`s the ONE thing I can do this week to spend more loving time with myself/or my friends?
- What`s the ONE thing I can do this week to show my appreciation to family members?
- What`s the ONE thing I can do this week to feel great about my work?
- What`s the ONE thing I can do in the next 90 days to make my life feel effortless?

For My Spiritual Life

- What`s the ONE thing I can do today to express more gratitude?
- What`s the ONE thing I can do today to be kinder to myself and others?
- What`s the ONE thing I can do this week to feel more peaceful and connected to myself?
- What`s the ONE thing I can do this week to strengthen my meditation practice?

For My Productivity

- What`s the ONE thing I can do today to ensure that I hit my week goal(s)...?
- What`s the ONE thing I can do to appreciate my business and enjoy working for myself?
- What`s the ONE thing I can do everyday to finish my work and still have time for my family?
- What`s the ONE thing I might need to change to feel more productive and organized?
- What`s the ONE thing I can do this month to produce better work...?
- What`s the ONE thing I can do this month to feel more accomplished....?

For My Finances

- What`s the ONE thing I can do to increase my net work?
- What`s the ONE thing I can do to improve my investment cash flow?
- What`s the ONE thing I can do to create a successful, profitable business...?
- What`s the ONE thing I might need to let go of in order to not compromise my savings...?

For My Confidence/Self-Care

- What`s the ONE thing I can do to feel more confident?
- What`s the ONE thing I can do to make myself feel loved?
- What`s the ONE thing I can do to project my confidence outwardly?
- What`s the ONE thing I can do to strengthen my self-care?

For My Ideal Future

- What`s the thing I can do to ensure I am moving forward with my goals?
- What is the ONE thing I can do each week to get me closer to my most ideal future?
- In planning for my most ideal future, what is the ONE goal that keeps coming back to me? How can I make ONE action step today to move me closer to it?

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