

Do One Thing Starter Guide

A simple way to move from overthinking to focused progress

D.O.T. STANDS FOR

Do • One • Thing

Hi there,

If you're reading this, you probably have no shortage of ideas, goals, or plans. The hard part is not wanting more. The hard part is choosing what comes first and actually moving on it.

This guide is short on purpose. It is built to help you do one thing: choose the single priority that deserves your focus right now and take one real step toward it today.

That is the whole point of D.O.T., Do One Thing. Momentum is not built by doing everything at once. It is built by doing one clear thing well, then doing the next.

Take ten quiet minutes and work through the four steps below.

Step 1: Clear the noise

Write down everything that is currently competing for your attention. Projects, goals, tasks, ideas, the things you keep meaning to get to. Do not organize them yet. Just get them out of your head and onto the page.

Step 2: Choose your one thing

Look at your list and ask one question of each item: if I only moved this forward in the next two weeks, would it create the most progress or relief?

Circle the one that matters most right now. Not the easiest one. Not the one that feels most urgent because someone else is waiting. The one that would genuinely move you forward.

My one thing right now is:

Step 3: Name what has been stopping you

Be honest about why this has not moved yet. You do not need to fix it. You just need to see it clearly.

Check the one that fits best:

- I keep trying to move too many things at once
- I am waiting until I feel ready or have it perfect
- I am not sure what the actual next step is
- I keep getting pulled into other people's priorities
- Something else:

Step 4: Define one next step

Big goals stall because the next move is fuzzy. So make it small and specific. What is one action you could take in the next 24 to 48 hours that moves your one thing forward? It should be small enough that you cannot talk yourself out of it.

My next step:

I will do it by (day and time):

One last thing

Focus is not about doing less because you are capable of less. It is about doing one thing well so the next thing becomes possible. That is how momentum is built, one clear decision at a time.

If you want support choosing your focus and turning it into a simple action plan, that is exactly what the D.O.T. program is built for. When you are ready, you can book a free discovery call and we will look at whether it is the right fit for where you are now.

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