

THE ONE THING

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Interactive Worksheet

INTERACTIVE SHEET FOR NOTES

Reading alone won't help you understand the actionable notes. You need to engage with the content. Answer the question below (just type inside the boxes) to outline your future steps:

1. Write down your to-do list and after that trim it down:
2. Schedule - time block - some time for yourself daily:
3. What unimportant things you're doing that are only wasting your time?
4. What excites you and helps you get up in the morning?
5. What's your ONE thing?

Don't forget to save your changes.