

# ONE Thing Goal Setting

*“The secret of getting ahead is getting started. The secret to getting started is breaking your complex overwhelming tasks into small manageable tasks and then starting on the first one.” –Mark Twain*

**100 Year Intention:** What’s the **ONE Word** that best summarizes the impact my life will have on others 100 years from now?

**Some Day Goal:** What’s the **ONE Thing** I want do someday? Go BIG, BOLD & Get SPECIFIC.

**1 Year Goal:** Based on my Someday Goal, what’s the **ONE Thing** I can do in the next year... such that by doing it, everything else will be easier or unnecessary?

**Quarterly Goal:** Based on my one year goal, what’s the **ONE Thing** I can do this quarter... such that by doing it, everything else will be easier or unnecessary?

**Monthly Goal:** Based on my quarterly goal, what’s the **ONE Thing** I can do this month... such that by doing it, everything else will be easier or unnecessary?

**Weekly Goal:** Based on my monthly goal, what’s the **ONE Thing** I can do this week... such that by doing it, everything else will be easier or unnecessary?

**Daily Goal:** Based on my weekly goal, what’s the **ONE Thing** I can do today... such that by doing it, everything else will be easier or unnecessary?

\*this exercise was inspired and adapted from [“The ONE Thing”](#) book by Gary Keller.

100 Year Intention: \_\_\_\_\_ by \_\_\_/\_\_\_/\_\_\_



Some Day Goal: \_\_\_\_\_



1 Year Goal: \_\_\_\_\_ by \_\_\_/\_\_\_/\_\_\_



Quarterly Goal: \_\_\_\_\_ by \_\_\_/\_\_\_/\_\_\_



Monthly Goal: \_\_\_\_\_ by \_\_\_/\_\_\_/\_\_\_



Weekly Goal: \_\_\_\_\_ by \_\_\_/\_\_\_/\_\_\_



**MON**

**ONE Thing**

**BUSINESS**

**PERSONAL**

**TUES**

**ONE Thing**

**BUSINESS**

**PERSONAL**

**WED**

**ONE Thing**

**BUSINESS**

**PERSONAL**

**THU**

**ONE Thing**

**BUSINESS**

**PERSONAL**

**FRI**

**ONE Thing**

**BUSINESS**

**PERSONAL**

**SAT**

**ONE Thing**

**BUSINESS**

**PERSONAL**

**SUN**

**ONE Thing**

**BUSINESS**

**PERSONAL**

\*this exercise was inspired and adapted from [“The ONE Thing”](#) book by Gary Keller

