

Saturday Morning Ritual

Episode 35: One Thing



Are you a multi-tasker or a single tasker? How do you think that is working out for yourself?

What one thing contributed the most to your success this week?

Identity and Beliefs

- What would success look like if I focused on one thing at a time? Visualize the benefits of single-tasking on your personal and professional life.

How can I measure success differently to support my focus on one thing? Develop new metrics for success that align with single-tasking?

- What is my number 1 priority this week.
- Fill in the sentence - During the next week, I will partake in {ONE THING} on [DAY] at [TIME OF DAY] at/in [PLACE].”



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