

GOAL SETTING TO THE NOW

SOMEDAY PROFESSIONAL OR PERSONAL GOAL:

What's the ONE Thing I want to do someday?

FIVE-YEAR GOAL:

Based on my Someday Goal, what's the ONE Thing I can do in the next five years?

ONE-YEAR GOAL:

Based on my Five-Year Goal, what's the ONE Thing I can do this year?

MONTHLY GOAL:

Based on my One-Year Goal, what's the ONE Thing I can do this month?

WEEKLY GOAL:

Based on my Monthly Goal, what's the ONE Thing I can do this week?

DAILY GOAL:

Based on my Weekly Goal, what's the ONE Thing I can do today?

RIGHT NOW:

Based on my Daily Goal, what's the ONE Thing I can do right now?

Source: Adapted from Keller, Gary and Papasan, Jay. *The ONE Thing*, 2013.