

HOW TO

nail your
ONE THING

11 JANUARY 2025



THE ONE THING

Let's get this finalised

KAREN KNOWLER

Let's do this!



IT'S TIME TO FOCUS

So you think you have your ONE THING - or perhaps you are struggling to choose between two or more.

This is a strong position - you're much further along than a week ago - but, as you are no doubt aware, it's not strong *enough*, because you need to KNOW!

If you're committed to making the smartest power move possible this year, it's vital that you feel that the ONE THING you've chosen is not just strategically powerful, but more specifically has the most potent ripple effect in the *ways that matter most* to you.

This workbook will support you in revisiting the fundamentals we've already covered via the ONE THING workshop, and then doing the final litmus test to feel confident that you chose the right one. Once you have that, you're good to go!

Ready to discover the key to creating the best year possible? *Let's do this!*

Your top 3 goals

Revisit the top 3 goals that you landed on during the workshop and capture them below in the order of importance.

Remember to write them in a way that is:

1. *Specific*
2. *Measurable*
3. *Achievable*
4. *Realistic*
5. *Time-bound*



ALSO CRUCIAL

Frame each goal in a way that excites and delights you, and make sure you have a *squealicious* vision for the outcome!

Frame each goal in such a way where it is 100% *non-negotiable* - you simply **MUST** have it.

MOST IMPORTANT GOAL

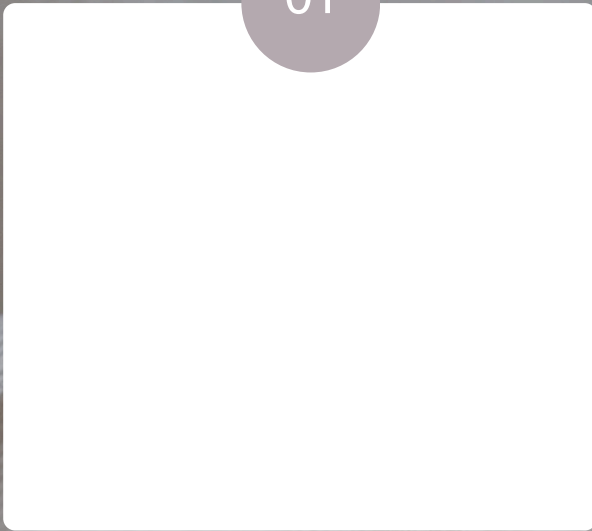
SECOND MOST IMPORTANT GOAL

THIRD MOST IMPORTANT GOAL

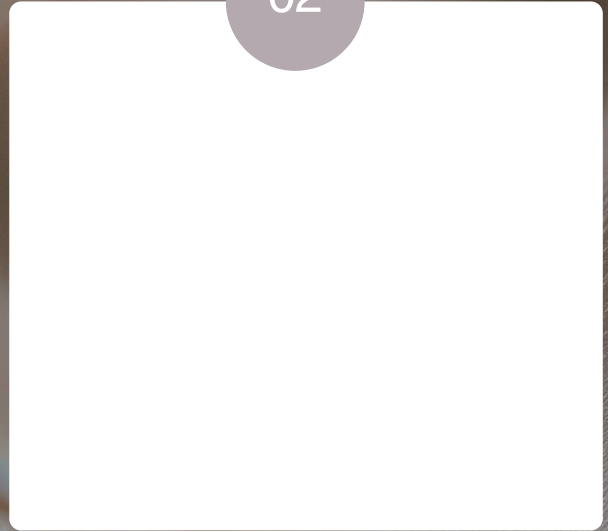
Capture your *one thing* ideas here

IMPORTANT REMINDER: Your ONE THING may be intangible, such as a dominant thought, belief or M.O. I invite you to take a look at your top 3 goals and then take a BIG STEP BACK. What is it that if you do it, think it, or achieve it, will automatically take care of those goals or make them so much easier to achieve? This is what you are looking to discern in order to know what your ONE THING is.

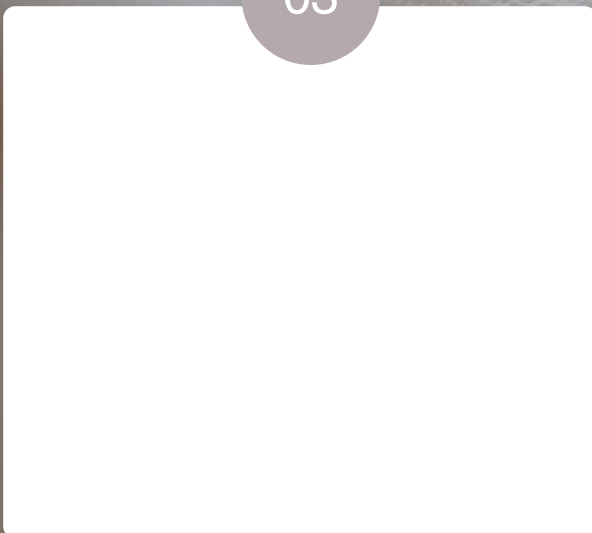
01



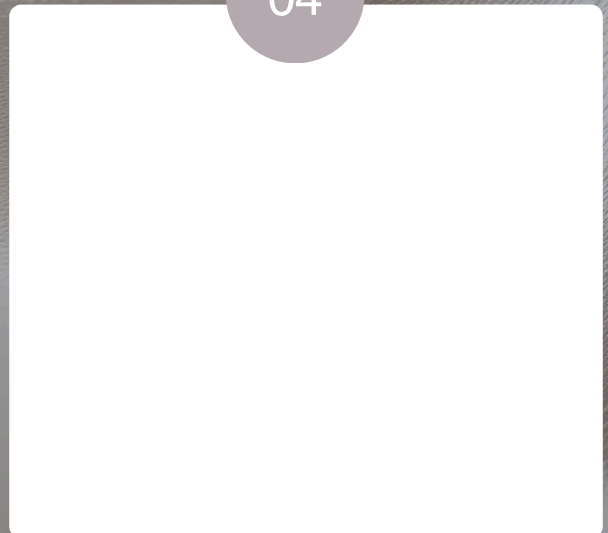
02



03



04



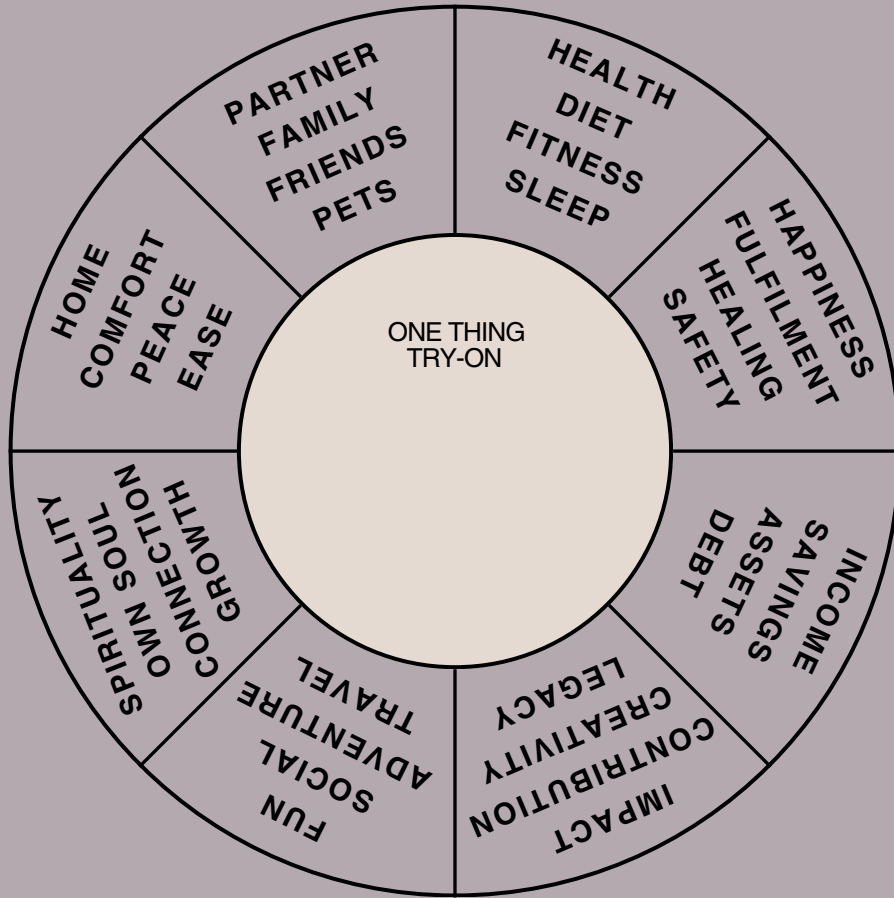
NEXT STEP

How to work with the next 2 pages

On the next page you'll see a "wheel of life" that covers many different areas of your life – similar to what we covered during the workshop, but expanded.

All you need to do is take the first ONE THING that you wrote down on the previous page, then follow these instructions:

- ▶ WRITE THE NAME OF YOUR ONE THING IN THE MIDDLE CIRCLE OF THE WHEEL ON THE NEXT PAGE.
- ▶ REVISIT EACH OF YOUR TOP 3 GOALS & CONSIDER HOW THIS ONE THING COULD/WOULD AFFECT EACH GOAL. WRITE YOUR ANSWER IN THE RELEVANT BOX.
- ▶ BEGIN WITH THE HEALTH & HAPPINESS SEGMENTS OF THE WHEEL & CONSIDER HOW THAT *ONE THING* COULD/WOULD AFFECT EACH THING LISTED IN THOSE 2 SEGMENTS.
- ▶ CAPTURE YOUR LIST IN THE RELEVANT SECTION ON PAGE 6.
- ▶ REPEAT THE PROCESS WITH THE NEXT 2 SEGMENTS, AND SO ON.
- ▶ IF YOU HAVE MORE THAN ONE CONTENDER FOR YOUR *ONE THING*, REPEAT THE PROCESS WITH EVERY OTHER POSSIBILITY, ONE AT A TIME, BY PRINTING MORE COPIES OF PAGE 5 & 6.



MOST IMPORTANT GOAL

SECOND MOST IMPORTANT GOAL

THIRD MOST IMPORTANT GOAL

How it affects

Other benefits

HEALTH & HAPPINESS



INCOME & IMPACT



FUN & SPIRITUALITY



HOME & RELATIONSHIPS



One final question

WHAT ARE THE TOP 3 FEELINGS YOU WANT TO FEEL THIS YEAR?

List them in order of priority:

1

2

3



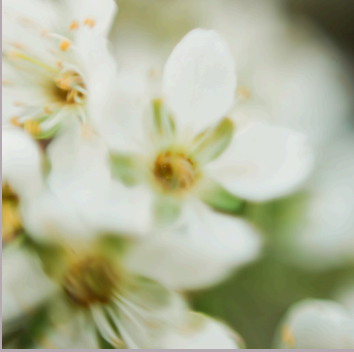
THE BIG REVEAL

Now that you've completed the process, it's time to decide!

Which ONE THING is going to be *your* one thing for this year?

Turn to the next page for instructions, so you can discover what your ONE THING is.

How to decide



VISUALISE & FEEL

Re-read everything you wrote down relating to your ONE THING - or the first one you listed if you have more than one possibility. Once absorbed, close your eyes and, in your mind's eye, see everything you wrote playing out as if it were unfolding in real life. As you visit with each scene, pay attention to how it all FEELS.



CAPTURE WHAT YOU EXPERIENCED

Use the next page to capture your experience. What did you see? How *did* it feel? Did anything new come up? Any hesitation or reservation?

REPEAT THIS PROCESS if you have more than one thing to explore.



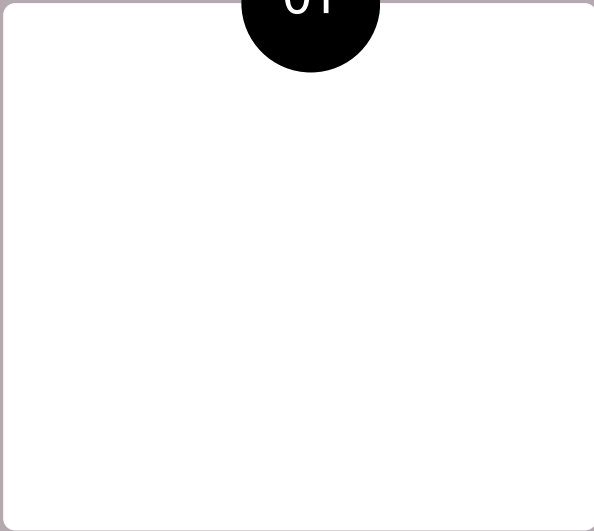
REVIEW, ASSESS, *PERFECT*

Now it's time to review what transpired. If there's a clear winner - one thing that directly supports your top 3 goals, aligns with your top 3 feelings and feels amazing (*squealicious!*) to you when you play it out in your mind's eye, you're *clear, complete, done*. CONGRATULATIONS!

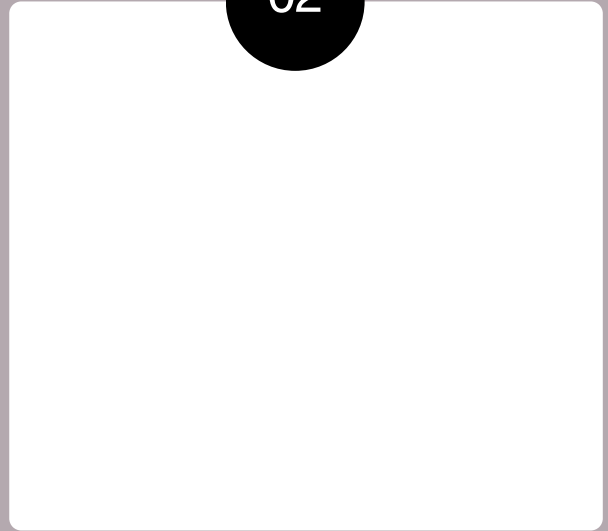
If not, take some time to tweak and refine in whatever way/s are required to get there. Most likely this will involve playing with the who, what, where, why, how or even *when* of *the thing*. Just one simple tweak can change everything!

What I saw & felt & what came up

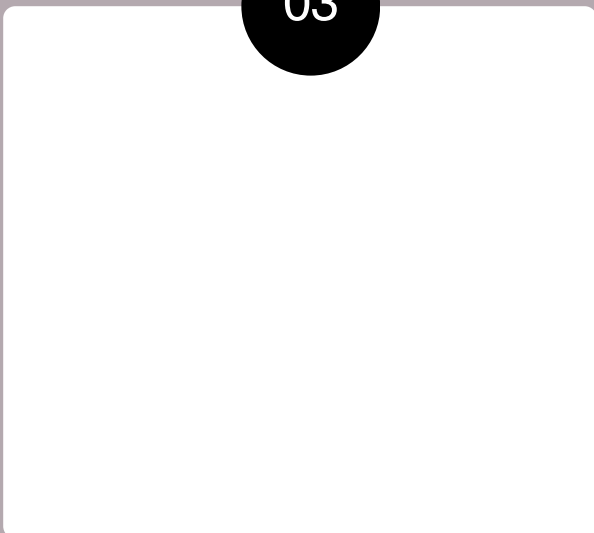
01



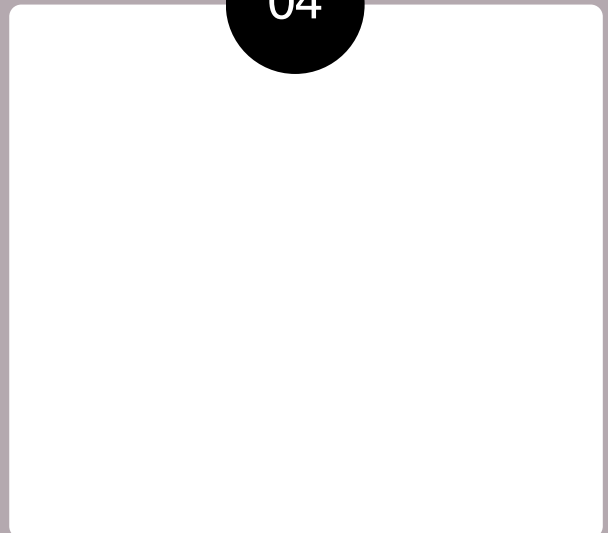
02



03



04





MY ONE THING IS

HOPE THIS WAS HELPFUL

Now...

LET'S GO!

By the time you reach this page you should be all set.

Take a moment to thank yourself for being willing to do the work, and celebrate what now gets to be possible.

YOU HAVE JUST CLARIFIED THE ONE THING THAT WILL MAKE THIS THE BEST YEAR FOR YOU! *How amazing is that?*

Now you have 2 options:

- ▶ GO SOLO
- ▶ JOIN US IN PORTAL

If you choose to go solo, I encourage you to go in with your eyes wide open, with huge commitment and masses of focus and determination. You *will* need it!

If you know that there's a genuine risk of you *not* investing the necessary time, energy and focus into your ONE THING left to your own devices, then I invite you to join us in PORTAL. This is the best possible support you can give yourself if you're serious about making your ONE THING a reality.

[JOIN PORTAL HERE](#)

To your best year yet!

Karen

