

The One of One Reset

in 30 mins or less!!

What is your life telling you?

Before you decide what's next, pay attention to
what's already here.

Before We Begin

We are remarkably good at looking forward.

What should I start?

What should I change?

What's my next goal?

What's the plan?

But before you add anything,
take a look at the evidence
you've already collected.

What's working?

What's draining you?

*What keeps getting your
attention?*

*Where have you tipped
too far?*

What do you miss?

You probably know more about what you need next than you think you do.



Give yourself twenty
uninterrupted minutes.



Turn off your phone.



Grab a pen.

No Fixing Yet.

No Planning Yet.

First, notice.

Collect the Evidence

Look back before you look forward.

Something that's working better than I expected:

Something that's harder than it needs to be:

Something I keep thinking about:

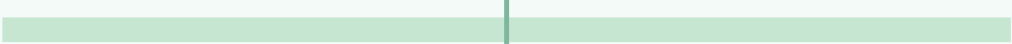
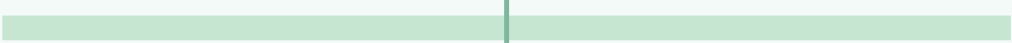
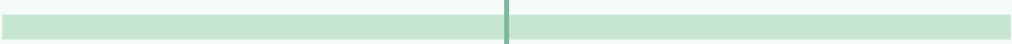
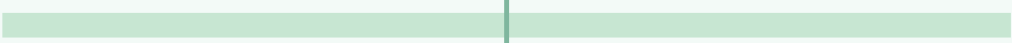
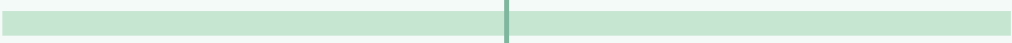
Something I thought I wanted, but don't anymore:

Don't make a plan yet. Just collect the evidence.

Where Have You Tipped? _____

Balance is a moment, not a state.

Mark each line where you are right now:

	Needs More of Me	Feels Good	Getting too much of me.
<i>Work</i>			
<i>Family</i>			
<i>Friends</i>			
<i>Health</i>			
<i>Self</i>			
<i>Creativity</i>			
<i>Fun</i>			

Has the imbalance been necessary for this season, or has it simply become a habit?

Your Culture Diet

What are you feeding yourself?

The last thing I read just because I wanted to:

Something I saw that made me think:

Something I heard that surprised me:

The last completely new experience I had:

What are you hungry for?

More art? More people? More quiet? More movement? More ideas? More fun?

One thing my algorithm would never choose for me:

Three Decisions

You don't need twelve priorities.
Start with three.

DOUBLE DOWN

What's already
working?

FIX

What are you
tolerating?

EXPLORE

What keeps getting
your attention?

Choose one from each.

NOT TEN. THREE.

Make It Smaller

You don't need a new life plan.

DOUBLE DOWN

My Next Move:

By When:

FIX

My Next Move:

By When:

EXPLORE

My Next Move:

By When:

Which ONE would make the biggest difference right now?

What's the smallest action you can take in the next 48 hours?

Coaching Corner

Take one more look at the life you have already built.

January asks: What do I want?

Now asks: What have I learned?

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Your life has been leaving you clues. What's working. What's draining you. What keeps pulling at your attention. Where you've given too much and where you've given too little.

You don't have to reinvent everything. Pay attention. Make a few intelligent decisions. Then move.

- Molly B.



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