

# valYOUable

## actYOUlization worksheet



## The One Thing

*The Surprisingly Simple Truth Behind Extraordinary Results*

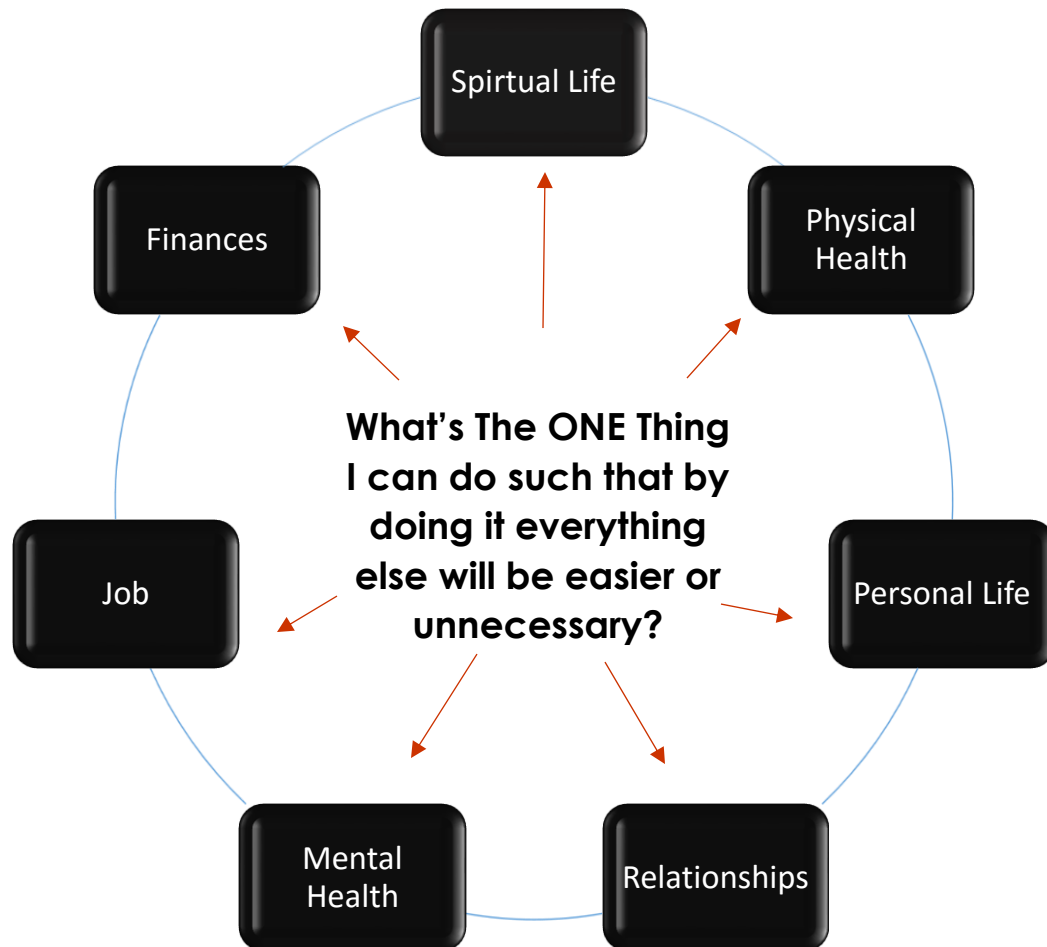
*By Gary Keller*

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***“The act of living a full life by giving time to what matters IS a balancing act. Extraordinary results require focused attention and time. Time on one thing means time away from another. This makes balance impossible.” Gary Keller***

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## Answer the Questions & Make a Plan!

What's the one thing I can do to improve my **spiritual life** (pray, help others, meditate, journal, read)?

What's the one thing I can do to improve my **physical health** (exercise, eat healthier reduce stress)?

What's the one thing I can do to improve my **personal life** (hobbies, pampering, skill development)?

What's the one thing I can do to improve my **relationships** (marriage, children, friendships, business)?

What's the one thing I can do to improve my **mental health** (Emotional awareness, reading, therapy)?

What's the one thing I can do to improve my **job** (my goals, desired income, skill development)?

What's the one thing I can do to improve my **finances** (eliminate debt, savings, investment)?

**YOUtilize Gary's WEBSITE: [the1thing.com](http://the1thing.com)**