

# The One-Thing Tool

## **Purpose**

When everything feels like too much, progress doesn't come from doing more.  
It comes from choosing one steady step—and letting that be enough.

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## **Right Now Check-In**

Pause for a moment.

Right now, things feel:

- Full
  - Heavy
  - Scattered
  - Stuck
  - In motion
  - Other: \_\_\_\_\_
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## **The One Thing**

Without fixing everything, name **one thing** that feels doable *right now*.

**The one thing I can do is:**

(This can be small. Very small counts.)

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## **Release the Pressure**

Read or say quietly:

*"I don't have to do everything. One thing is enough for now."*

What shifts when you allow that?

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## **Carry It Forward**

This is not a reset.

How does doing *this one thing* help you move forward—just a little?

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## **Bridge the Gap Coaching**

Progress doesn't require perfection. Momentum grows from one steady step. The bridge holds as you keep moving.

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