

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.

Right Now Check-In

Pause for a moment.

Right now, things feel:

- ☐ Full
 - ☐ Heavy
 - ☐ Scattered
 - ☐ Stuck
 - ☐ In motion
 - ☐ Other: _____
-

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.)

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?

Carry It Forward

This is not a reset.

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

Reflection

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