



GETABSTRACT REVIEW OF **The One Thing**

The Surprisingly Simple Truth Behind Extraordinary Results

Multitasking and following long to-do lists might pose the biggest obstacles to achieving your goals, argue Gary Keller and Jay Papasan. The authors encourage you to identify your “ONE Thing” – and let everything else fall into place while you focus on your single priority.

STEP 1

Have your team read the [getAbstract summary](#).

STEP 2

Schedule a team meeting to discuss the questions below.

STEP 3

Have a discussion with your team.

Discussion Questions

1. Do you often create to-do lists? What has been your experience working with to-do lists?
2. If you were to choose your one focal point, what would it be?
3. Have you been buying into some of the “lies” that prevent people from pursuing the one-thing philosophy?
4. What roles, according to the authors, do willpower and discipline play in the pursuit of an ambitious goal?
5. What is your main takeaway from the summary as it applies to your life?

“You want your achievements to add up, but that actually takes subtraction, not addition. You need to be doing fewer things for more effect instead of doing more things with side effects.”

The One Thing

Gary Keller and Jay Papasan

Additional resources



Time Management



How to Structure Your Day

