



The ONE Thing: Focus for Extraordinary Results

DeepMind Notes



CONTENTS

- ▶ 01 The Power of Going Small
- ▶ 02 Debunking Success Myths
- ▶ 03 Think Big, Act Narrow
- ▶ 04 Purpose, Priority, Productivity
- ▶ 05 Commitments That Sustain Success
- ▶ 06 Start Today, Compound Forever

01

The Power of Going Small



▶ Extraordinary Results Demand Narrow Focus



Focus on One Thing

Success is achieved by concentrating on a single, critical task rather than spreading efforts thin. This focused approach creates a powerful domino effect, where each success builds on the last, leading to extraordinary outcomes.



Identify the Smallest Lever

To achieve significant results, identify the smallest action that can have the biggest impact. By narrowing your focus, you can leverage your time and energy more effectively, making progress easier and more efficient.



Compound Over Time

Extraordinary results are built sequentially. Small, consistent actions compound over time, leading to substantial achievements. By focusing on one thing at a time, you create a foundation for long-term success.

► Equality Is a Lie: Prioritize Ruthlessly



Reject the Myth of Equality

The belief that everything matters equally is a myth. In reality, a few key actions drive most of the results. By recognizing this, you can prioritize ruthlessly and focus on what truly matters.

Identify High-Impact Tasks

To achieve extraordinary results, identify the tasks that have the highest impact and focus on them. This approach allows you to maximize your efforts and achieve more with less.



02

Debunking Success Myths





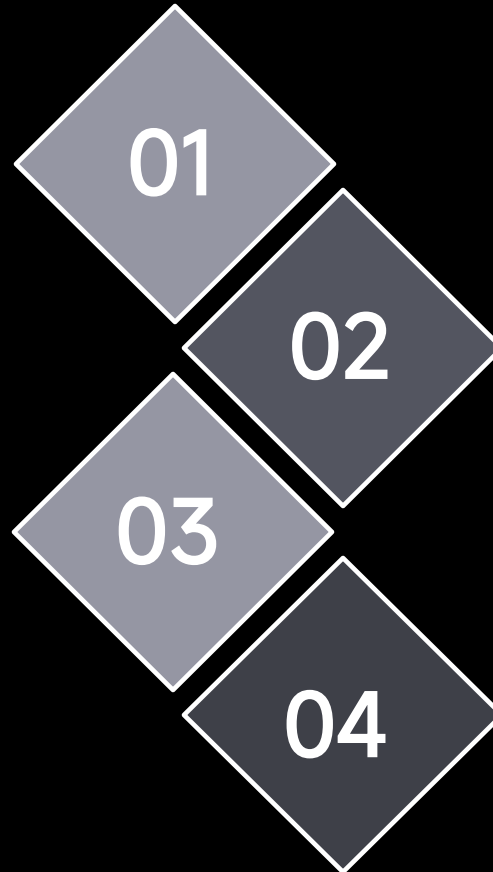
Multitasking and Willpower Misconceptions

Multitasking Reduces Performance

Multitasking fragments attention and lowers productivity. It's better to focus on one task at a time to achieve higher quality results. Switching between tasks increases the likelihood of errors and reduces efficiency.

Protect Early-Day Mental Energy

Reserve your highest mental energy for the most critical tasks early in the day. This strategy maximizes productivity and ensures you make the most of your limited willpower.



Willpower Is Limited

Willpower is a finite resource that depletes with use. Save it for the most important tasks and avoid using it on trivial matters. This ensures you have the mental energy to tackle high-priority activities.

Sequence Tasks for Success

Instead of multitasking, sequence your tasks. Focus on one thing at a time and complete it before moving on to the next. This approach leads to better outcomes and reduces mental fatigue.



► Balance Blocks Breakthrough Achievement

Strategic Imbalance for Success

Pursuing balance can prevent you from achieving extraordinary results. Embrace strategic imbalance by focusing intensely on one area at a time, allowing you to make significant progress and achieve breakthroughs.



03

Think Big, Act Narrow



► Big Goals Require Bold Questions

Ask Bold Questions

To achieve big goals, ask bold questions that stretch your thinking. This approach helps you identify high-impact actions and sets the stage for extraordinary achievements.

Benchmark and Trend

Learn from top performers and identify trends to inform your actions. This strategy ensures you are always moving in the right direction and making the most of your efforts.





The Focusing Question in Action

Daily Focus

Ask yourself daily: 'What's the ONE Thing I can do such that by doing it everything else will be easier or unnecessary?' This question helps you identify your highest priority and stay focused.

Apply to All Areas

Use the focusing question in all areas of life, including career, finance, health, and relationships. This ensures you are always making progress towards your goals.

Convert Ambition to Action

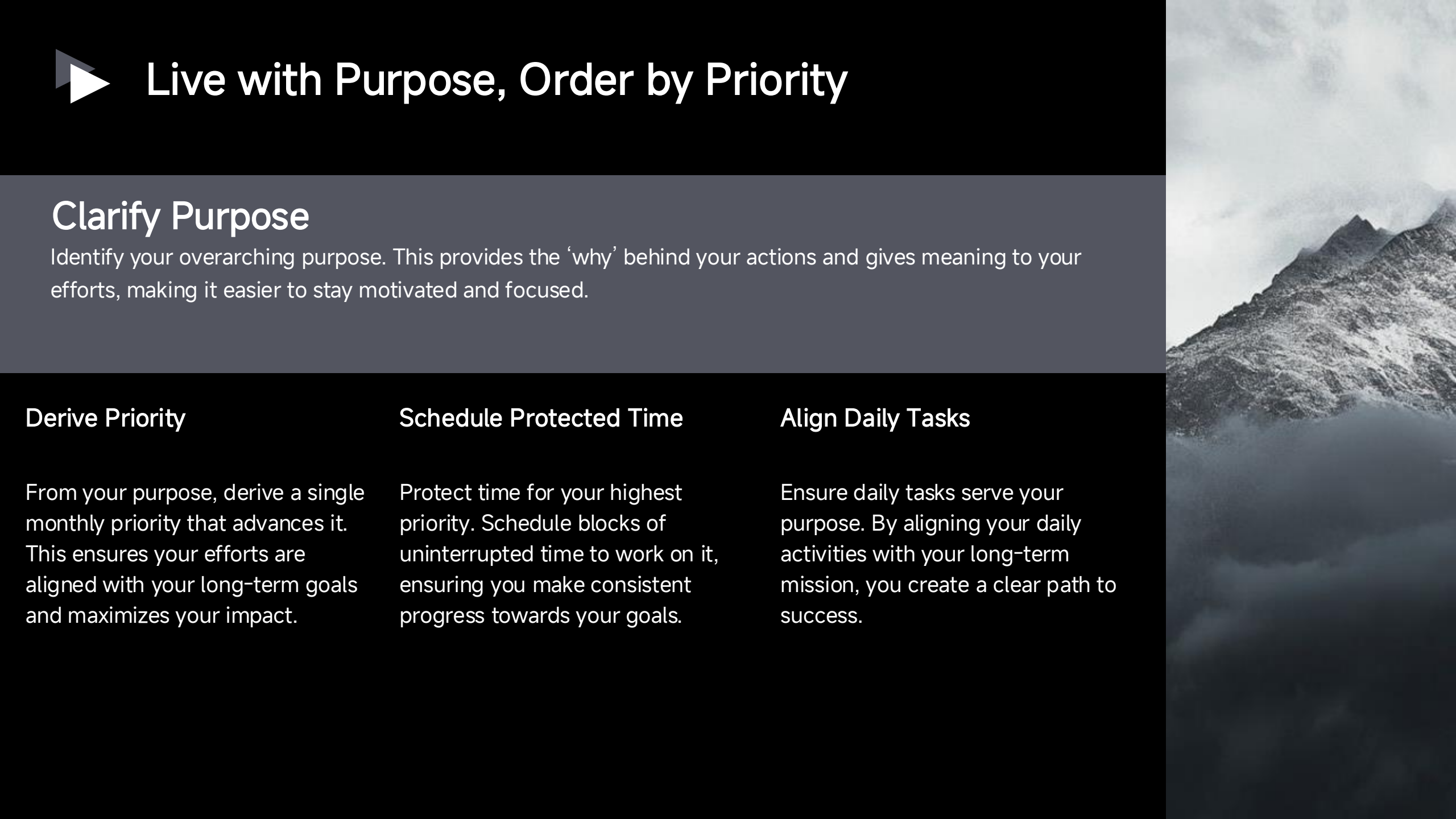
The focusing question turns vague ambition into concrete action. By identifying your highest leverage activity, you can make measurable progress towards your goals.



04

Purpose, Priority, Productivity





► Live with Purpose, Order by Priority

Clarify Purpose

Identify your overarching purpose. This provides the 'why' behind your actions and gives meaning to your efforts, making it easier to stay motivated and focused.

Derive Priority

From your purpose, derive a single monthly priority that advances it. This ensures your efforts are aligned with your long-term goals and maximizes your impact.

Schedule Protected Time

Protect time for your highest priority. Schedule blocks of uninterrupted time to work on it, ensuring you make consistent progress towards your goals.

Align Daily Tasks

Ensure daily tasks serve your purpose. By aligning your daily activities with your long-term mission, you create a clear path to success.



▶ Time-Block for Deep Achievement

Reserve Time for Deep Work

Reserve vacation time first, then schedule four hours daily for your ONE Thing, and weekly planning. This ensures you have dedicated time for focused work, leading to significant achievements.



05

Commitments That Sustain Success



► Mastery, Learning Mode, Accountability

Commit to Mastery

Commit to the endless path of mastery. Focus on continuous improvement and embrace the journey, knowing that consistent effort leads to exceptional skills and results.

Adopt a Learning Mindset

Move from an entrepreneurial to a purposeful performance mindset. Embrace learning and adaptability, ensuring you are always growing and improving.



► Defeat the Four Thieves of Focus



Say No to Non-Essentials

Learn to say no to requests that do not align with your goals. This protects your time and energy, ensuring you can focus on what truly matters.

Embrace Chaos

Accept that ambitious projects bring chaos. Embrace it as a sign of progress and stay focused on your goals despite the challenges.

Maintain Energy

Prioritize sleep and nutrition to maintain high energy levels. A healthy lifestyle supports sustained focus and productivity, essential for achieving extraordinary results.

06

Start Today, Compound
Forever





▶ Small Daily Actions Build Legacy

Consistent Effort

Success is built on small, consistent actions. Start with a tiny, repeatable step today and let momentum and time multiply its impact. Consistency is key to long-term achievement.



► Your Next ONE Thing Right Now

Commit to Action

Write down the single action you will take within 24 hours that makes everything else easier or unnecessary. This commitment ensures you take the first step towards your goals.



Share and Schedule

Share your commitment with an accountability partner and schedule a four-hour block of time. This ensures you follow through and make progress.



THANK YOU