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# ONE THING

## QUOTES OF THE WEEK:

### MONDAY:

"You will never change your life until you change something you do daily."  
John C. Maxwell

### TUESDAY:

"Your future success is dependent on your work today. It's dependent on you doing the right work, right now." Coach Mackey

### WEDNESDAY:

"Do the difficult things while they are easy and do the great things while they are small. A journey of a thousand miles must begin with a single step." Lao Tzu

### THURSDAY:

"Before we can do anything in the future, we have to take care of business right now. Let's be 1-0 today." Coach Mackey

### FRIDAY:

"The difference between the impossible and the possible lies in a person's determination." Tommy Lasorda

# WEEK 26

## ONE THING CONTENT OVERVIEW



### COACHES

**Reverse-engineer**  
your season.



### CAPTAINS

**Decide** on your  
One Thing.



### ATHLETES

**Prioritize** One  
Thing each day.



### FAMILY

**Define** your family  
story and roles.



### ONE THING

Hoping, wishing, and wanting will not help you achieve your goals. You've got to actually do the work to make your dreams come true. The One Day goal matters, but it is the next one thing that is going to get you there. What is the one *thing* you can do today that will help you reach your goals tomorrow?

This question is so powerful and important because your future success is dependent on what you do today. It's not what you *might* do, but what you *actually* do.

You don't just stumble into success. It's a planned road. To reach the big dreams, you must take the daily little steps needed to get there. Every single day, say to yourself: "What's the one thing I can do today to reach my goals?"

The key to finding that answer is to work backwards from your goal.

Focus on the final goal and then think about the step that comes before the big day. And then think about the step before that, and then the step before that. Eventually, you will track back to the present to discover the one thing you can do today.

Every day, your one thing is different. Tuesday's task is different from game day's task. It's about a bunch of little tasks and practices that lead to one big outcome.

Everybody wants to go 10-0, but before that you have to go 9-0, 8-0, 7-0 and all the way to 1-0. So for today, focus on being 1 and 0. Before you can do anything else in the future, you have to take care of business right now.

Success is built over time by doing the next one thing that will help you reach your goal. What that one thing is will change, but the mindset that it matters never does.

# WEEK 26

## ONE THING FOR COACHES



### ONE THING: FOR COACHES

A big, hairy, audacious goal is great for motivating players to be their best. Unless they don't understand how we plan to get them there, in which case the big goal might just seem scary and utterly impossible.

We don't want our team to be held back by feelings of uncertainty about the goals we set for them. We want them to understand that we're not just leading them into the vast unknown without a guide for how we plan to reach our destination.

Success requires careful thought and planning. To make our biggest goals become a point of pride for our team and a source of motivation, rather than fear, we want to show the team the plan.

Let's say our big goal for the season is to win regionals. What happens before regionals, though? We have to win the majority of our games, right? To do that:

- We have to beat out our cross town rival. But to do that:
- We have to win a few home games. But to do that:
- We have to up the team's skill-level. But to do that:
- We have to find the inefficiencies or weaknesses in the team's game. But to do that:
- We have to hold two-a-days to make up for summer break. But to do that:
- We have to increase our athlete's speed and endurance. But to do that:
- We have to have our athletes run an extra lap every practice.

And just like that, we've reverse engineered the season and mapped it out practice by practice. With this road map, our athletes can clearly see what has to be accomplished to reach the big, scary goal, and it won't seem so scary anymore.

### THIS WEEK, BE ON THE LOOKOUT FOR:

1. **Opportunities to PLAN backward to reach your goals.** Follow the method above and methodically plan out the season. Break it down so that each step along the road to the goal has a purpose, and make it clear to the athletes how each step is beneficial to the long-term goal.
2. **Opportunities to HIGHLIGHT individual roles in the grand scheme of the season.** Highlight the specific ways each athlete and coach contribute towards the larger goal. For example, each member of a relay team is responsible for increasing their speed and efficiency to help the team succeed.
3. **Opportunities to GIVE vision and grounding.** Notice athletes or coaches who are focusing too far in the future or are too grounded in the present. If someone is too focused on the future, they're not doing enough to take care of business today. Ground them where their feet are. If someone is too focused on the present, they are missing the long-term vision of where they're headed, and they might be stepping in the wrong direction.

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# WEEK 26

## ONE THING FOR CAPTAINS

### **C** ONE THING: FOR CAPTAINS

Only the leaders who commit to the next best thing will succeed.

If you see the finish line 50 yards away, you're not going to magically appear on the other side. You have to take one step at a time, so start with where your feet are planted and go forward from there. These small steps will snowball into great victories. When it comes to the game of sports and the game of life, persistence is king.

As a leader, part of your job is to keep one eye on the big goal and another on the next step for your team. You gotta pull double duty. Discipline yourself to be more persistent and determined to take the next best step. Persistence will lead to long-term gain.

Don't sacrifice the playoffs because you don't want to get out of bed in the summer for a morning workout. Morning workouts lead to success deep in the playoffs. Look, if you don't feel like taking the next step that's fine. You just have to also be okay with not reaching your goals. It's that simple.

But really, taking the next step can be very easy. Identify the loftiest team goal and break it down to something you can do tonight. For example, say the goal is for everyone on the team to be able to bench 250 pounds. For most, benching 250 pounds sounds impossible. But what if you just focused on adding one pound each day? Add one pound more than you did before until you reach your bench goal.

Your momentum will start to snowball. It's just like this principle of physics: An object in motion stays in motion.

Take one thing at a time. Stay persistent. Lead by example. Your team will follow.

### /// CAPTAINS' LOG ///

"LEADERS ALWAYS LEAD"

What is one thing that you need to do this week to help you reach your leadership goals?

What is an example of a long-term goal you have already achieved?

How many small steps did it take to reach that goal?

How would you explain the concept of One Thing to your teammates?

What is one thing you can do today to be a better leader tomorrow?

# WEEK 26

## ONE THING FOR ATHLETES



### ONE THING: FOR ATHLETES

The idea of doing One Thing each day that will lead to your goals is simple, but that doesn't mean that it's going to be easy. The good news is that there's an equally simple process to figure out what your one thing each day should be. Let's look at the three steps.

**One: Define a Goal.** Every journey starts with knowing where you want to go. Otherwise it's not a journey; it's a stroll. Journeys come with obstacles and challenges because you are trying to get somewhere specific. If you're not going anywhere in particular, then anything that pops up along the way is just a point of interest, not a roadblock. This might sound appealing, but without roadblocks and obstacles, there's no success.

**Two: Work Backwards from the Goal.** Success requires intentional actions. Once you know where you are going, think about the thing you need to do right before you complete your goal. Then, think about the thing you need to do before that. Keep going backwards until you reach something that you can do today—preferably right now.

**Three: Do One Thing.** Now that you have your list of things you need to do between now and the day you reach your goal, schedule those things out. Commit to doing one thing each day that will help you reach your goal. Hold yourself accountable to doing that one thing every single day, and you'll be surprised at how quickly you reach your goal.

The One Thing mentality is simple, but it can be daunting without a plan. Use these three steps to develop a plan for what one thing you need to do each day to reach your big goals.

### ATHLETE'S EXERCISE:

1. What is a big goal that you want to reach?
2. What are some of the steps you'll have to take to get there?
3. What is something you can do today to move towards your goal?
4. Why is it important to work towards your goal each day, one thing at a time?
5. How does breaking a big goal into smaller steps make it easier to reach that goal?

# WEEK 26

## ONE THING FOR FAMILY



### ONE THING: FOR FAMILY

Our kids tend to have vision no further than the length from their face to their cell phones. It's our role as parents to give them a broader perspective of life outside of themselves.

We want our children to see their roles and responsibilities in our family as necessary or beneficial for the whole. But they might not always understand that making their bed frees up time so mom or dad can make them a healthy lunch in the morning, which in turn helps them perform well at practice.

Most teenagers don't have that perspective without guidance, but that perspective tells a story. And stories invite people into them. That's why we love books, movies, and human-interest pieces so much. We are able to see ourselves in the characters and settings.

We must do the same for our families.

At the heart of it all, most kids are just trying to find a narrative to belong to. Our family has a narrative that our children are a part of, and we want them to recognize and celebrate that with us. We need to paint the picture for them that their everyday decisions matter and have lasting impact on the family's story.

An easy way to do this is to determine a goal for our family to reach as a whole. Such as taking a family vacation, cultivating a garden, or writing a family memoir. Once we have a goal that we're all trying to reach, we can find the one thing each family member can do daily that will lead everyone closer to that goal. Then, repeat it tomorrow and the day after that.

One small decision, a day at a time, in the right direction is powerful. Let's make special note of how little decisions add up, compound, and make a big impact on our family's story.

### /// BEST 5 ///

#### THE BEST FIVE MINUTES OF THE WEEK

What do you want the legacy of your family to be? What is one thing you can change or do today to steer the family narrative in that direction?

What is your family's mission statement? Discuss it, write it down, and put it somewhere prominent, like near the front door.

What are your family goals as a group? What about as individuals?

Define the roles each family member plays to move the group towards your legacy, mission statement, and goals.

How can you hold each other accountable for fulfilling those roles?

# WEEK 26

## ONE THING

### Goal Breakdown Worksheet

#### Goal Breakdown Worksheet

1. Write down one thing you want to achieve in the next 3-6 weeks. It could be related to sports, school, or anything really.

**Goal:** \_\_\_\_\_

2. Next, write down your purpose or motivation for achieving this goal. Why do you want to achieve it? What would it mean to you in your life?

**Purpose:** \_\_\_\_\_

3. Jot down some ideas of the various smaller things that will lead to the big goal. What needs to happen, or what do you need to do to achieve that goal?

4. Keep breaking down the steps you need to take, working backward from the goal itself, until you get to a step you can take today. Reduce it down to the smallest actionable step. Then, do that thing.

**Today's Action:** \_\_\_\_\_

5. Finally, use the tables on the next pages to map out the one thing you can do each day for the next 3-6 weeks to reach the goal you set in Step 1. (Sunday can be a rest day.)

#### One Thing Exercise

Required Materials: Two sheets of blank or lined paper

1. Take two sheets of paper and fold one of them down the middle (top to bottom).
2. On the first sheet of paper, write a goal you want to achieve in the next 3-6 weeks. Then, write the necessary steps you need to take to accomplish your goal.
3. On the right side of the second (folded) sheet of paper, prioritize your list from your #1 priority to your last.
4. Now, write your #1 on the left side and cross it out on the right. Now look at your priorities as that #1 is your sole focus and #2-10 are the enemies of completing #1. They are distractions and you need to focus in on #1 until it's done.
5. Once you've completed #1, move down your list...check off #1 and move #2 over to the left side. Now #3-10 are the enemies.
6. Continue this process until you've completed your task list and achieved your goal.

WEEK  
**26**

**ONE THING**

Goal Breakdown Worksheet

|           | Week 1 | Week 2 | Week 3 |
|-----------|--------|--------|--------|
| Monday    |        |        |        |
| Tuesday   |        |        |        |
| Wednesday |        |        |        |
| Thursday  |        |        |        |
| Friday    |        |        |        |
| Saturday  |        |        |        |



WEEK  
**26**

**ONE THING**

Goal Breakdown Worksheet

|           | Week 4 | Week 5 | Week 6 |
|-----------|--------|--------|--------|
| Monday    |        |        |        |
| Tuesday   |        |        |        |
| Wednesday |        |        |        |
| Thursday  |        |        |        |
| Friday    |        |        |        |
| Saturday  |        |        |        |