

Apply It

Your worksheet for the One Move, your influence and your one goal.

Before you start: grab a pen and set a timer for 15 minutes. Do the parts in order, or jump to the one you need most.

1

My One Move

The 15-minute action on a goal I have been postponing

Example from the episode: Goal: get 50 speaking gigs this year. Big steps: build authority, create content, find the target audience. **Smallest move (15 minutes):** sit down and niche down. Next move: plan content topics.

The goal I have been postponing:

What has kept me from moving:

The big steps this goal needs:

1.

2.

3.

The smallest meaningful action I can take in 15 minutes:

When I will do it: ☐ Morning ☐ Afternoon ☐ Evening

After my 15 minutes, what changed?

My next move (add another 15 minutes or another step):

Remember: *smallest meaningful action. Fifteen minutes. Do it now. Then repeat it for one week to build momentum.*

2

My Influence

From the You Are a Nation lesson

The question	My answer
Who continually listens to me?	
Who trusts me?	
Who is affected by my words?	
Who needs what I know?	

Where am I already influential but not using it on purpose?

The one relationship I will act on this week:

The one action I will take:

By when:

3

My One Goal

From the Goal Urgency Guide

Every goal competing for my attention right now:

1.

2.

3.

4.

The one goal I am choosing:

Why do I want to achieve this goal now?

My One Move for this goal:

My start date:

4

My 7-Day Move Tracker*Repeat your move for a week. Add minutes or another move as momentum grows.*

Day	My move	Minutes	Done	What I noticed
1			☐	
2			☐	
3			☐	
4			☐	
5			☐	
6			☐	
7			☐	

After one week, what has changed?

What will I add next (more minutes, another move, a faster pace)?

What will I do with what I have heard?I will take **one** action, make **one** decision and make **one** move:

Signed: _____ Date: _____