



# GET YOUR ONE THING DONE

A Simple 3-Step Method

by Leo Babauta

# OVERVIEW of our MASTERCLASS

01

THE ONE THING

What's truly important

02

OUR PATTERNS

The ingrained ways we  
run

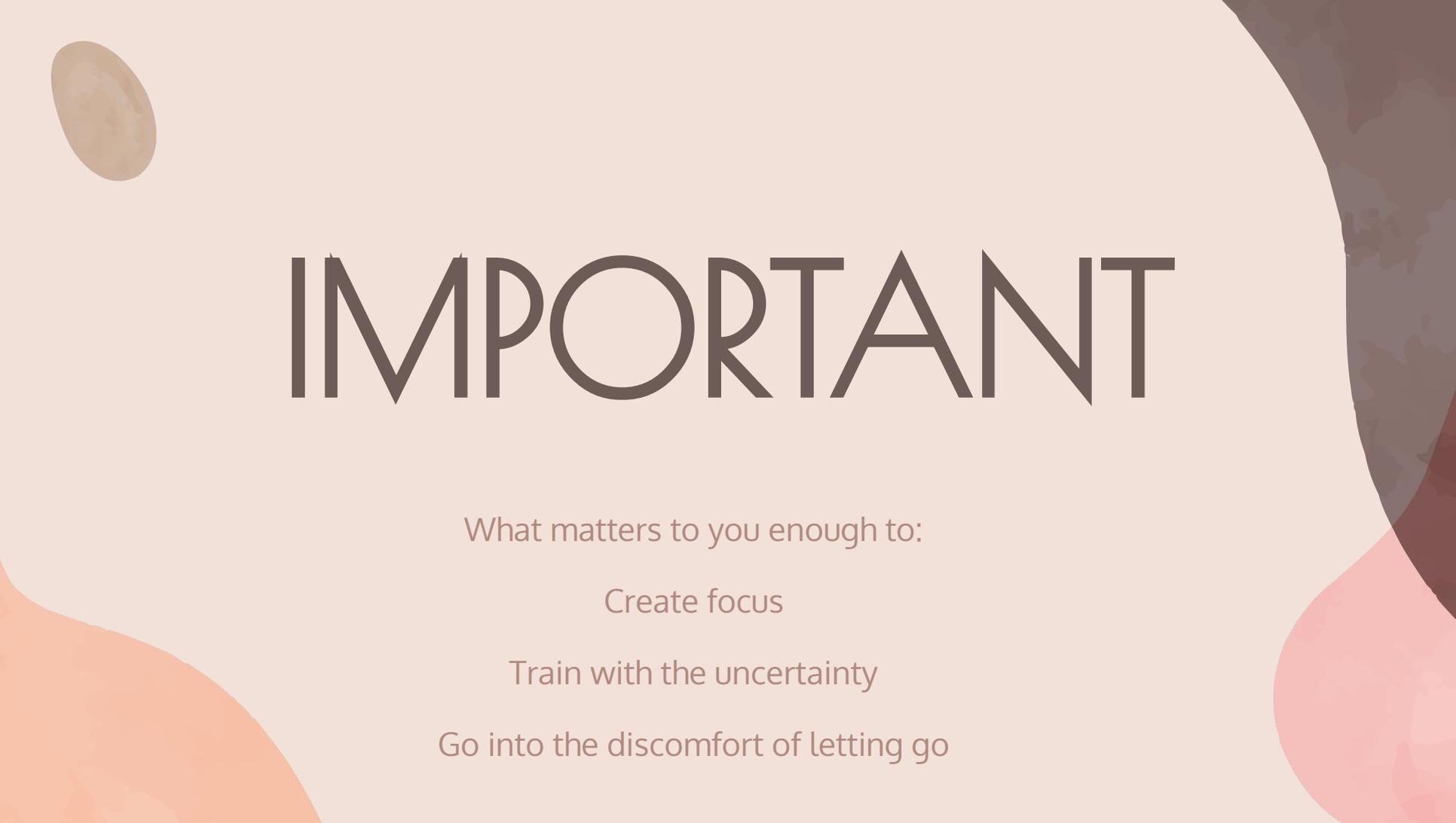
03

THE METHOD

How to Train



01  
THE ONE  
THING



# IMPORTANT

What matters to you enough to:

Create focus

Train with the uncertainty

Go into the discomfort of letting go



# MEANING

What feels meaningful to you?

Who do you care about?

How can you help?

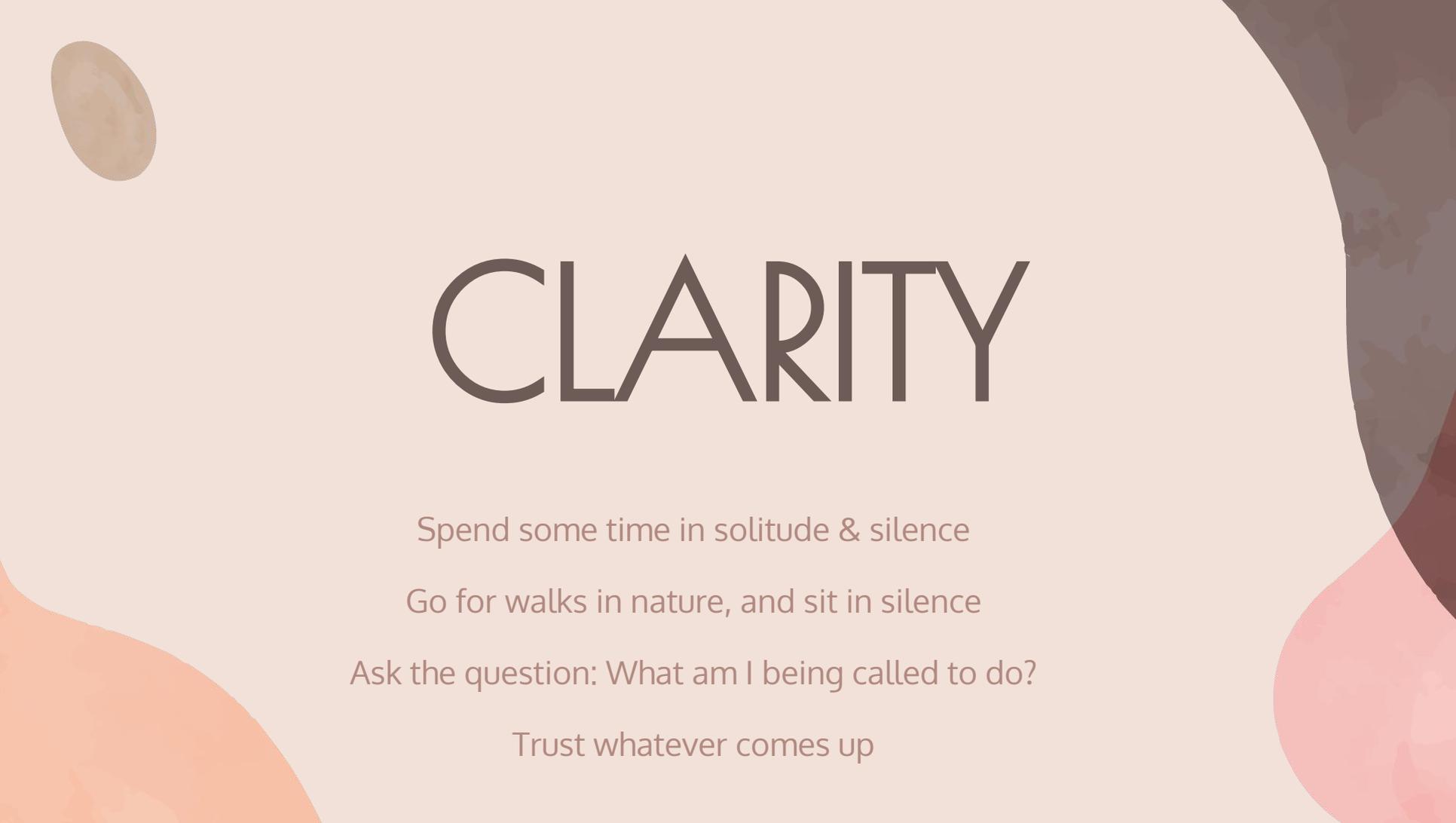


# IMPACT

What change would you like to make?

Are you willing to commit yourself to this impact?

Are you willing to show up for it, despite mood & circumstances?



# CLARITY

Spend some time in solitude & silence

Go for walks in nature, and sit in silence

Ask the question: What am I being called to do?

Trust whatever comes up

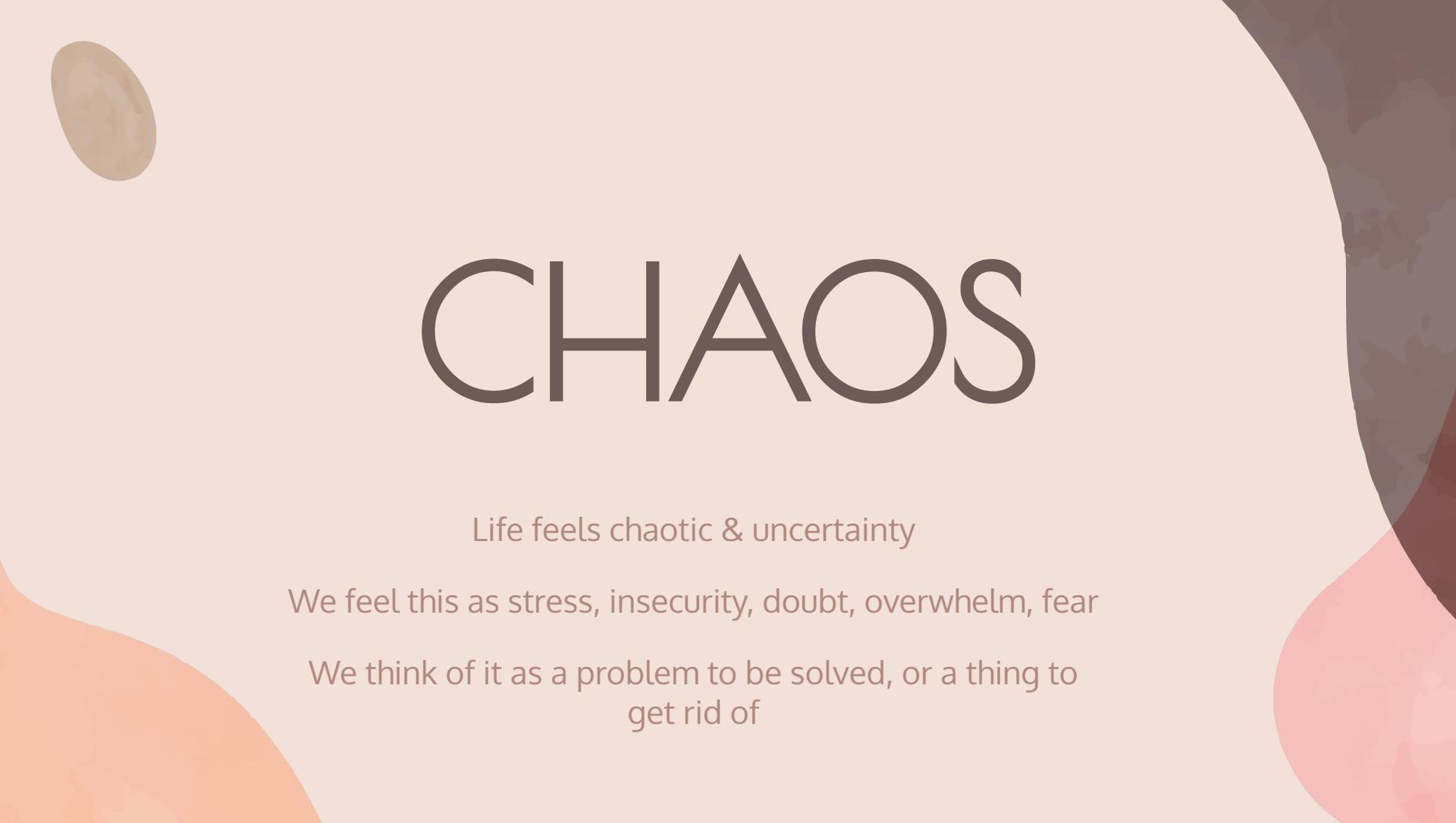


“Let the beauty of what you love  
be what you do.”

– RUMI

O2  
OUR  
PATTERNS





# CHAOS

Life feels chaotic & uncertainty

We feel this as stress, insecurity, doubt, overwhelm, fear

We think of it as a problem to be solved, or a thing to  
get rid of



# CONTROL

When we feel uncertainty, we seek to control the uncontrollable

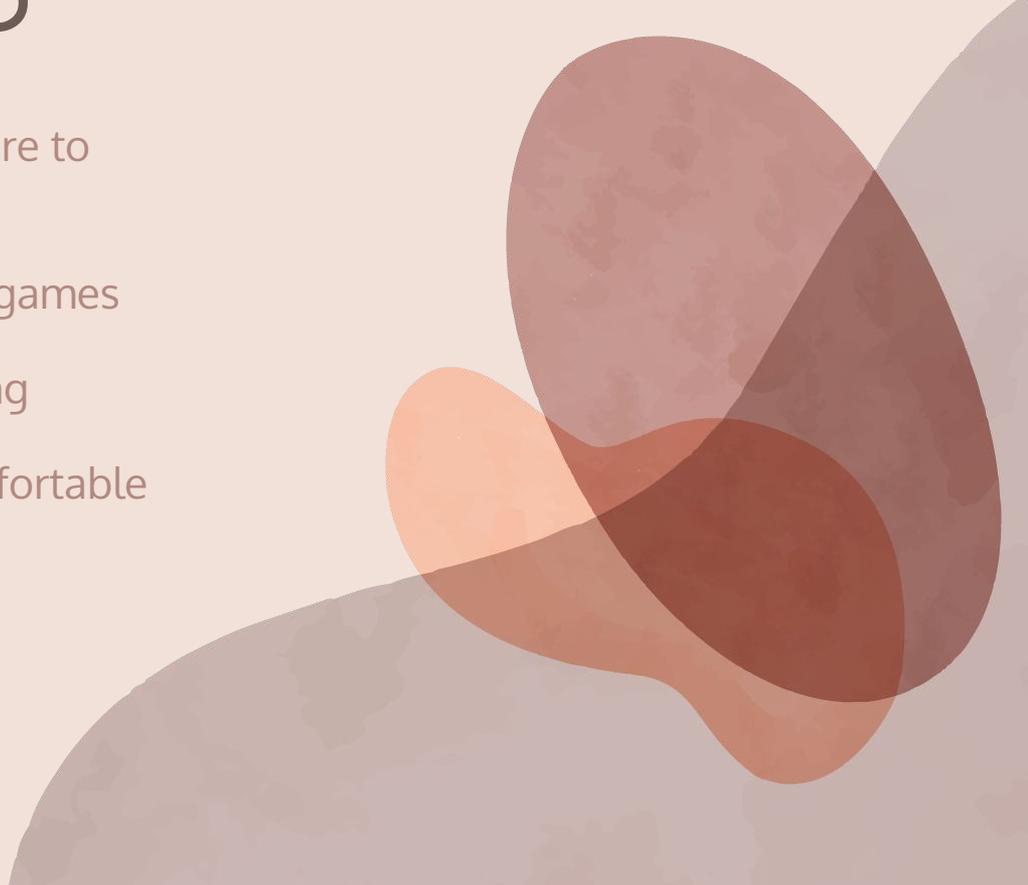
We plan, create routines, become perfectionists

We avoid, run, hide, seek safety and comfort

# OUR PATTERNS

All of our patterns come from this desire to control chaos:

- Distraction, online reading, netflix, games
- Busywork, email, messages, cleaning
- Staying in safety, doing what's comfortable
- Perfectionism, putting things off, procrastination
- Indecision, stuckness





# LOVE THEM

Can we hold these survival patterns with reverence?

These patterns were developed to protect us

We might judge them, but that only makes it worse

Can we love them as a part of us, but also not let them  
run the show?



O3  
THE  
METHOD

# THE METHOD

01

CREATE SPACE

Make time & clear out

02

PRACTICE

Meditate on the  
uncertainty & impact

03

ACT

Take the smallest step,  
from commitment

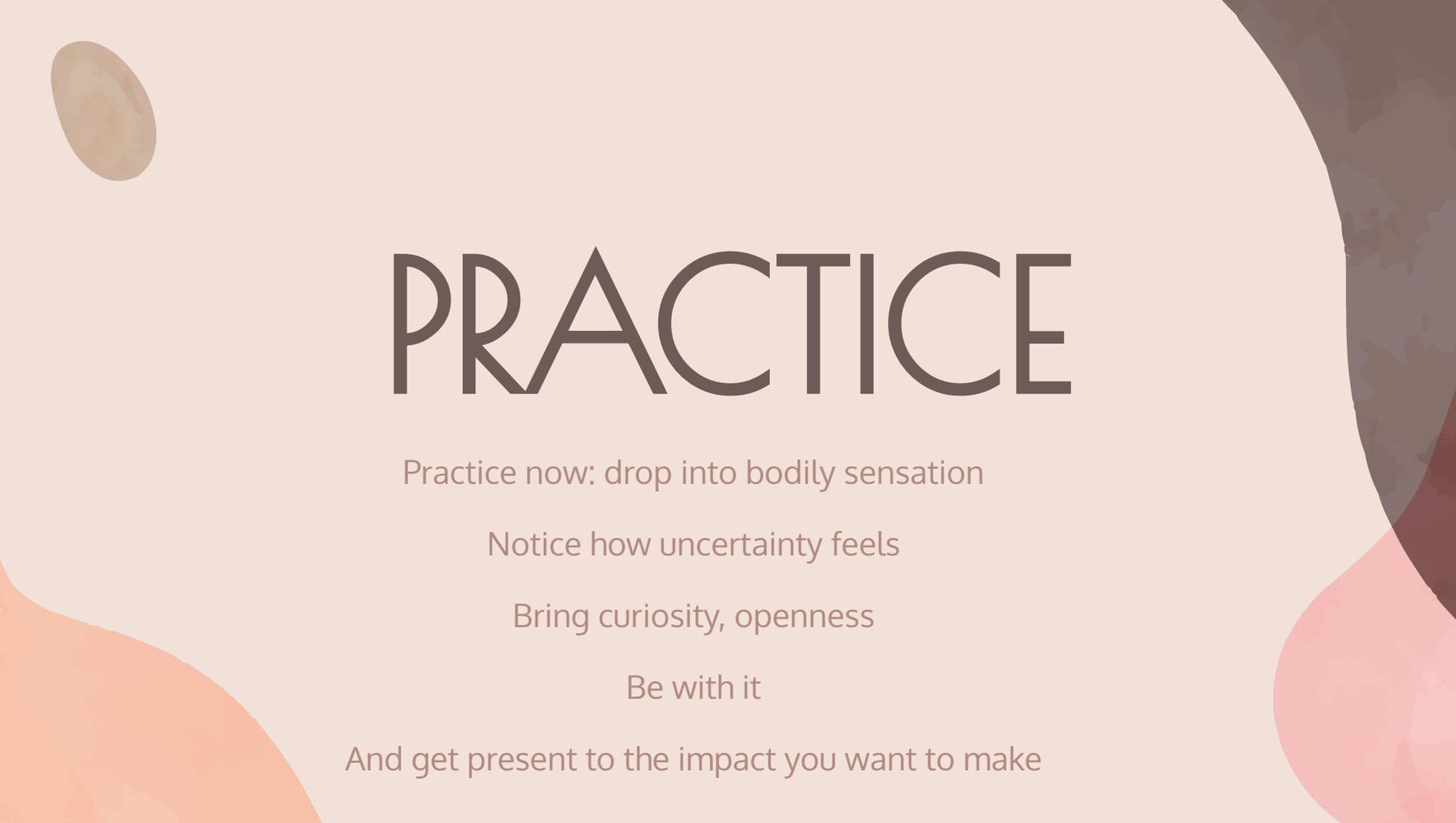


# CREATE SPACE

Structure: Make time for what's most important

Block it off, clear everything out

Give your entire being to this space, with intention



# PRACTICE

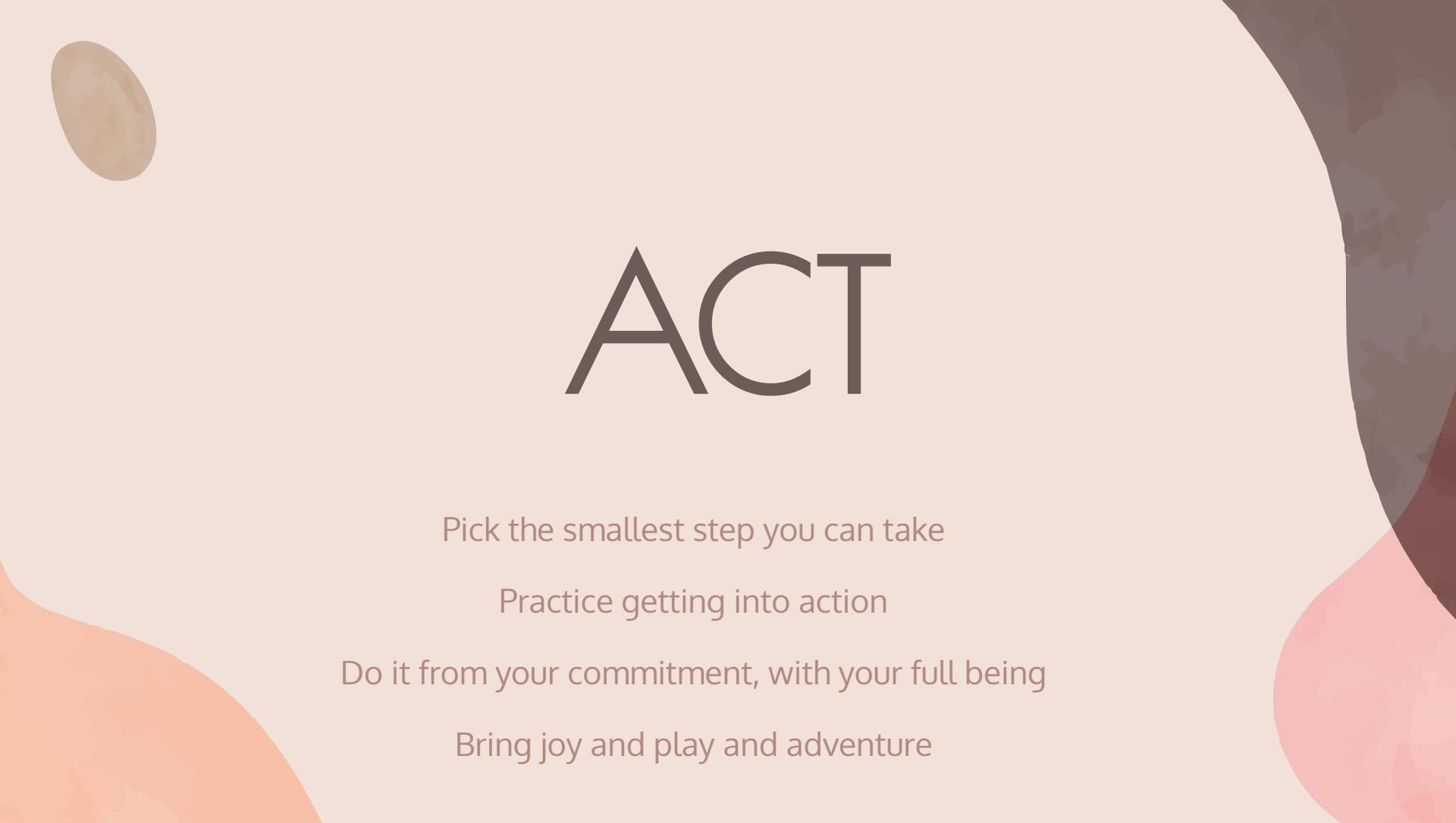
Practice now: drop into bodily sensation

Notice how uncertainty feels

Bring curiosity, openness

Be with it

And get present to the impact you want to make



# ACT

Pick the smallest step you can take

Practice getting into action

Do it from your commitment, with your full being

Bring joy and play and adventure

# A REVIEW



## IMPACT

What's your One Thing to make a meaningful impact?



## SPACE

Create structure, clear the space for focus



## CHAOS

Recognize how uncertainty shows up in your life



## PRACTICE

Be with the uncertainty, in your body, and the impact you want to make



## PATTERNS

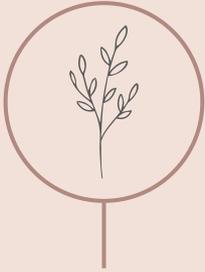
Notice your response to chaos, love but don't submit to the patterns



## ACT

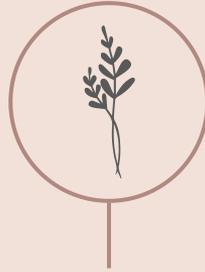
Take the next step, decisively & fully; commit to others

# 3 KEYS to TRAINING



## STRUCTURE

What long-term structure will hold you in this training?



## MIRROR

You can't see what you can't see



## WOLFPACK

You don't have to run alone — leaders find their people



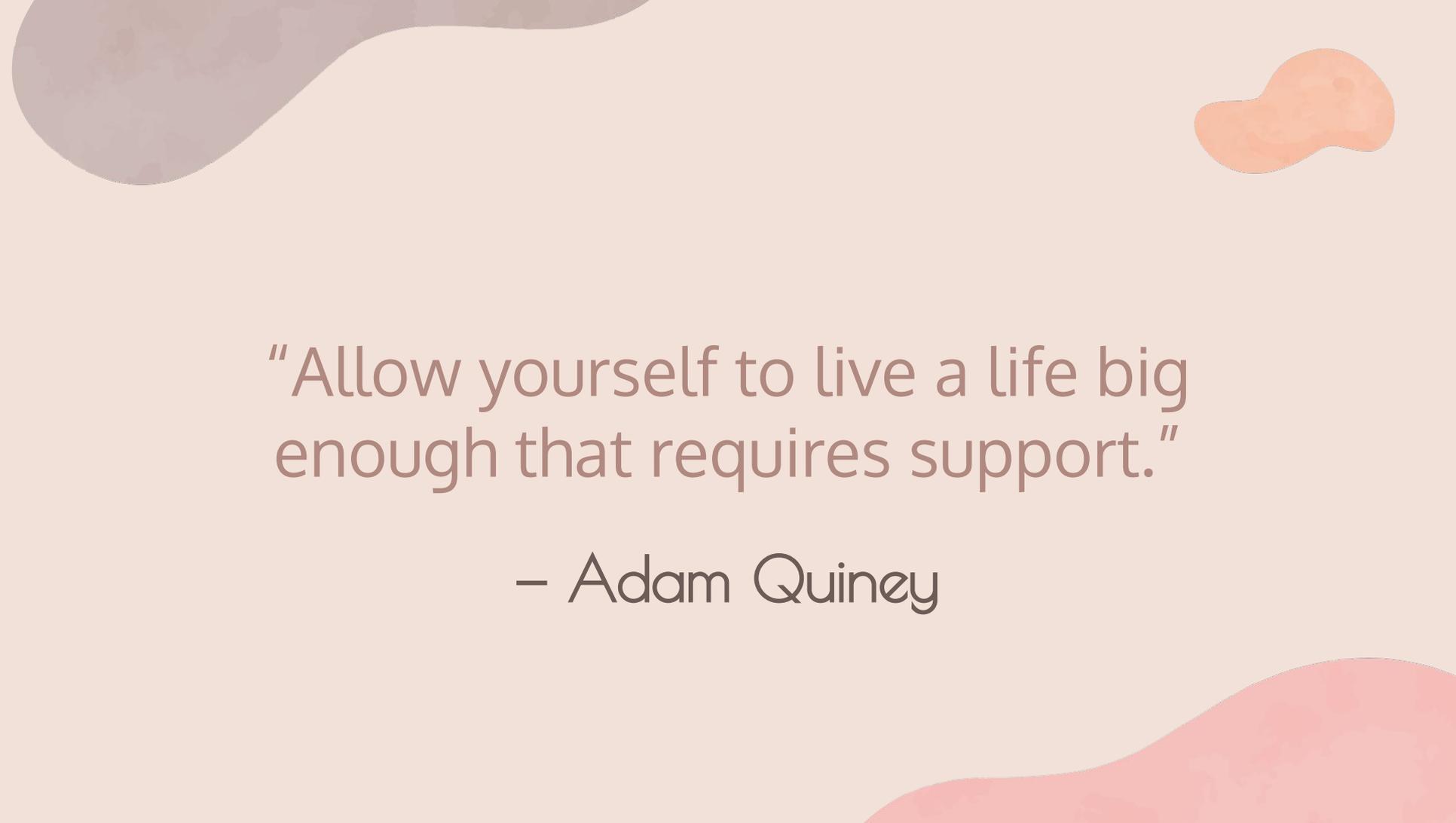
# AN INVITATION

Step into this training

Develop your leadership

Create the impact you want to make

Run with a wolfpack



“Allow yourself to live a life big  
enough that requires support.”

– Adam Quiney



# FEARLESS MASTERY

A mastermind group for leaders wanting to make a meaningful impact

A structure to hold you to your biggest intentions

Training in finding focus in chaos

Getting a mirror held up to you, with love



"Set your life on fire. Seek those  
who fan your flames."

– RUMI



# Practice Fearless leadership. Make an impact.

6-Month Mastermind and Costa Rica Intensive from Zen Habits.  
Starting June 2021.

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