



## Your Power of One System

Use When:

- You want to improve something but nothing sticks
- You feel scattered across priorities
- You're trying to change too many behaviours at once
- A recurring problem keeps returning

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## Core Principle

**Focus on the one thing that is going to make the biggest difference.**

Progress comes from concentrating effort on **one behaviour** and repeating it deliberately.

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## STEP 1 - choose

**What do you want to fix or change?**

Write it in a few words:

Keep it simple.

Clarity beats detail

e.g

*"Tired, need more energy."*

*"Team, to take ownership"*

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## STEP 2 - Be specific

**What is one action you will take?**

Not an outcome

Not a mindset

But a repeatable action

**So What?**

Is this really going to effect the change you want?

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## STEP 3 - Test

**Will this actually make a difference?**

If the behaviour happened every day for a week, would the problem improve?

If no → refine it

If yes → continue

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## STEP 4 - Your Intention

Complete the statement:

DO?

I intend to bring energy till the close of day, everyday.

WHY?

So that I can grow and succeed professionally

HOW?

By fuelling intentionally (specifically taking 10g of creatine a day)

**Make it specific and observable.**

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## STEP 5 - Practice

Repeat daily for 5 working days.

Frequency matters more than intensity.

Track completion:



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## STEP 6 - Reflect

At the end of the week ask:

- What improved?
- What didn't?
- What will I adjust next?

**Then repeat the cycle.**



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