

THE ONE THING

I would like to thank all the people who sent feedback about last week's article '**Finding That Elusive Balance**'. It certainly provoked some interest and questions and so I thought this week we might dig a little deeper to help clarify last week's article and make it more meaningful. If you haven't read last week's article could I suggest you do that before you read this one?

I recently watched an old favourite movie of mine called 'City Slickers'. Would you believe it that it was a scene in this movie that gave me the glue that brings this whole question of balance and the 'pizza of life' together? If you haven't watched the movie can I suggest you get it? A good laugh and the meaning of life – what value!!

The scene I am referring to is when Billy Crystal's character; City Slicker 'Mitch' is riding in the desert with 'Curly' the 'tough as old boots' cowboy and they are having a conversation about life. Curly asks Mitch if he knows what the secret of life is and Mitch says 'no'. Then curly holds up one finger and says; "this". Mitch asks; "Your finger?"



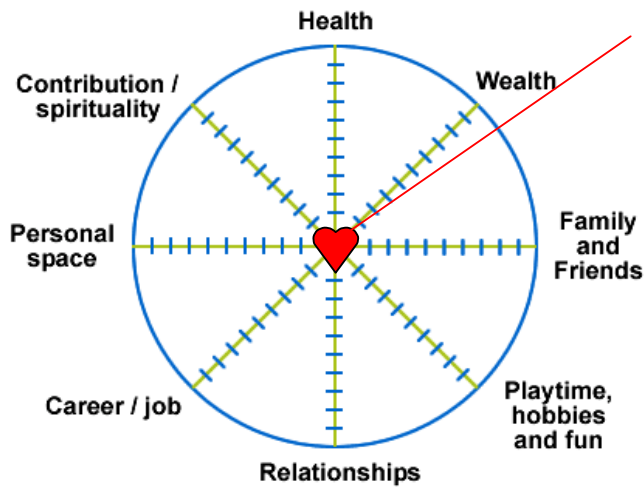
Curly responds; "One thing, just one thing – you stick to that and everything else don't mean shit". "That's great Curly" Mitch replies, "but what is the one thing?"

"That's what you gotta figure out" Curly replies.

SO, WHAT IS YOUR ONE THING?



To say that this is a reasonably significant question would be the understatement of the century! It is not a question that can be answered without some introspection and some investment of time – but if you chose to take the time and work out what it is then everything in your life will have meaning. Every slice of the 'pizza of life' tastes better, every spoke of the wheel of life moves smoothly and as Curly so eloquently put it; "everything else don't mean shit!" The 'one thing' really is the heart of it all.



Let's get to **the heart of the matter**. When you think about your life and the people in it, what is the **'one thing'** that is not negotiable? What is the **'one thing'** that you could never live without? What is the thing that if you had nothing else you would be happy? Is it your freedom? Is it your family? Is it your wellbeing? Is it your mission on this planet? Is it your car? Is it the legacy you will leave your children?

There is no right or wrong here and there are no judgements. It doesn't matter what your next door neighbour thinks and it doesn't matter what is important to anyone else. It is your life, your fulfilment, your happiness and that is all that matters!

EVERYTHING FALLS INTO PLACE

As you attempt to score or re-score yourself (0-10) on the 8 slices of the pizza of life remember that it is all about you! Don't compare yourself to others and don't rate yourself based on what you think you should be. Your rating should be 100% based on your personal fulfilment in that area of your life. Let me give you an example; many people, including myself might give themselves a low score for the 'spiritual/contribution' area of their life because they are not religious and/or don't give a lot of money to charity and so have a perception that compared to others they are low. That is not what this is about! If you are fulfilled in that area of life, even though you may not be as active as others, then you should give yourself a high score. Does that make sense? What you need to be asking is; how is this area of my life impacting my **'one thing'**?

Here is another example. I used to be a maniac when it came to exercise and personal training! Ask any of my former clients if they looked forward to coming to training – ha! I mistakenly believed if you didn't train long, hard, often and weren't exhausted at the end then you couldn't possibly give yourself a high score in the 'wellbeing' slice of the pizza. Yes, it is true that I was an idiot! You don't have to be an olympian to score yourself high in this area of life – you just have to feel like you are living consistently with your **'one thing'**.



If you have identified that 'one thing' then you will find this quite an easy process. You will see in which areas you are falling short of your own standard and see how simply things will fall into place. There is a very true saying which states; "If you don't know where you are going then you will end up where you are headed." The problem with this scenario is that you won't like where you end up - so take control and get the vision.

YOUR INTERNAL GUIDING SYSTEM

Life is about choice. Where you end up at the end of it all is simply the result of a series of choices that you make along life's path. Whether you live a life of happiness, vitality, fulfilment and joy or not is up to you, the decisions you make and the direction your life takes as a result. As you are lying on your death bed what will you be saying to yourself? Will you be saying "I wish I had spent more time with my family?" or "I wish I had taken action on my wellbeing earlier in life." On the other hand will you be saying; "I am so grateful for the decisions I made that produced this amazing life of fulfilment for myself and many other people"?



Did you know that you have an internal guiding system that will help keep you on the right path and making the right decisions? But there is one condition – you need to know with clarity and certainty where you are going and what is most important to you.

WHAT TO DO NEXT:

1. **Find that 'one thing' for you.** The thing that gives meaning to your life and glues everything together
2. **Re-develop your vision** for the 8 slices of the pizza of life based on this 'one thing'. As you describe your vision in each area of your life (see last weeks article) make sure it is consistent with the 'one thing'.
3. **Deliberately focus every day**, irrespective of circumstances. This will take time and it may seem inconvenient. Ask yourself; "Is it worth it?" Focus by reading your visions statements, look at pictures of that 'one thing' and associating with people the encourage and uplifting.
4. **Ask everyday about every choice** – "Is this choice I am about to make moving me closer to the 'one thing' or further away?" Let your internal guiding system do the rest.

You deserve the best, you deserve your 'one thing' now get out there and claim it!