



# The Monday Revolution

## Revolutionary Reads

### The One Thing

by Gary Keller and Jay Papasan

#### What's it about?

Bestseller 'The ONE Thing' by real estate entrepreneurs and authors, Gary Keller and Jay Papasan, looks at the benefits of focusing on the one most important thing or task that'll help you to achieve your goals (rather than opting for the scattergun approach). Their theory is that you'll get the desired result with the biggest impact by adopting a much more focused approach. Amongst other things, you'll learn about the 'six lies of success' and the '4 productivity thieves', which looks at why multitasking doesn't work and why not everything on your to-do list matters. This is a great read if you're looking for help in how to define your goals and the most effective techniques in how to achieve them.

#### What's in it for me?

You'll learn how to prioritise the things that matter most to you and how to adopt the discipline of habit-forming to achieve your goals.

#### What can I learn?

- The power of thinking big and the opportunities this can bring
- The importance of prioritising your to-do list – not all tasks are of equal importance
- How to form better and long lasting habits
- To live with more purpose and how this can lead to extraordinary results
- Why multitasking is so inefficient and unhelpful

**“It is not that we have too little time to do all the things we need to do, it is that we feel the need to do too many things in the time we have.”**

#### Start on Monday

Focusing on multiple things at once will likely lead to mistakes and you'll work less efficiently. Decide what the most important thing is on your list this week and give it your full attention.

Join us comrades!

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