

A silhouette of a person's head and arm reaching upwards towards a series of light rays that fan out from the top left towards the bottom right. The background is a gradient of light to dark grey, with a teal and yellow diagonal stripe running across the top and bottom.

One Thing

Fog or Focus?

Steven Grabiner

KNOWING WHAT TO DO
WHY IT SHOULD BE DONE
GATHER RESOURCES TO
ACCOMPLISH THE TASK

FOG

FOCUS

FATIGUE

FRESHNESS

FLIRTATION

FAITHFULNESS

HOW DO I REGAIN FOCUS?

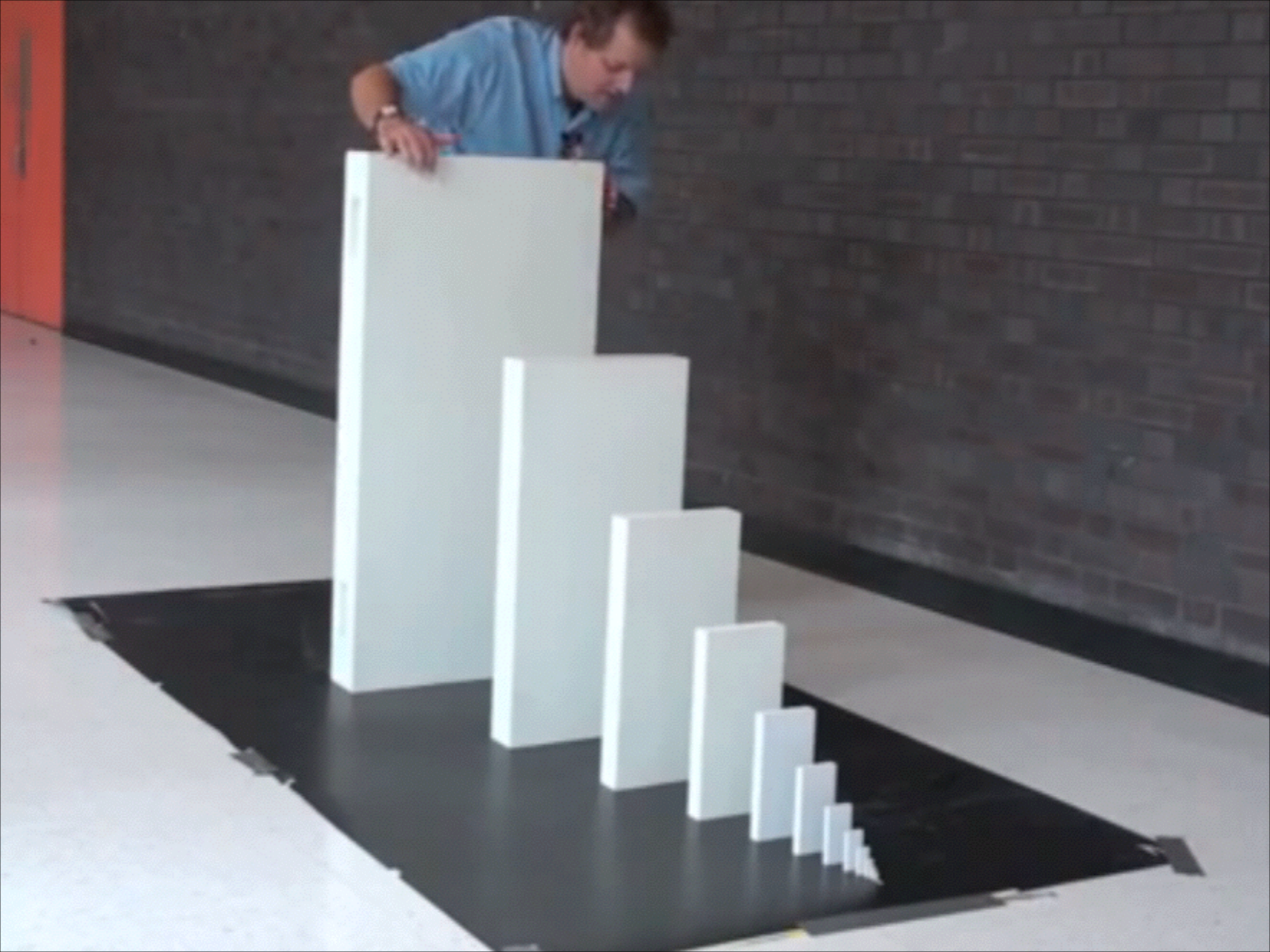
TIME AWAY

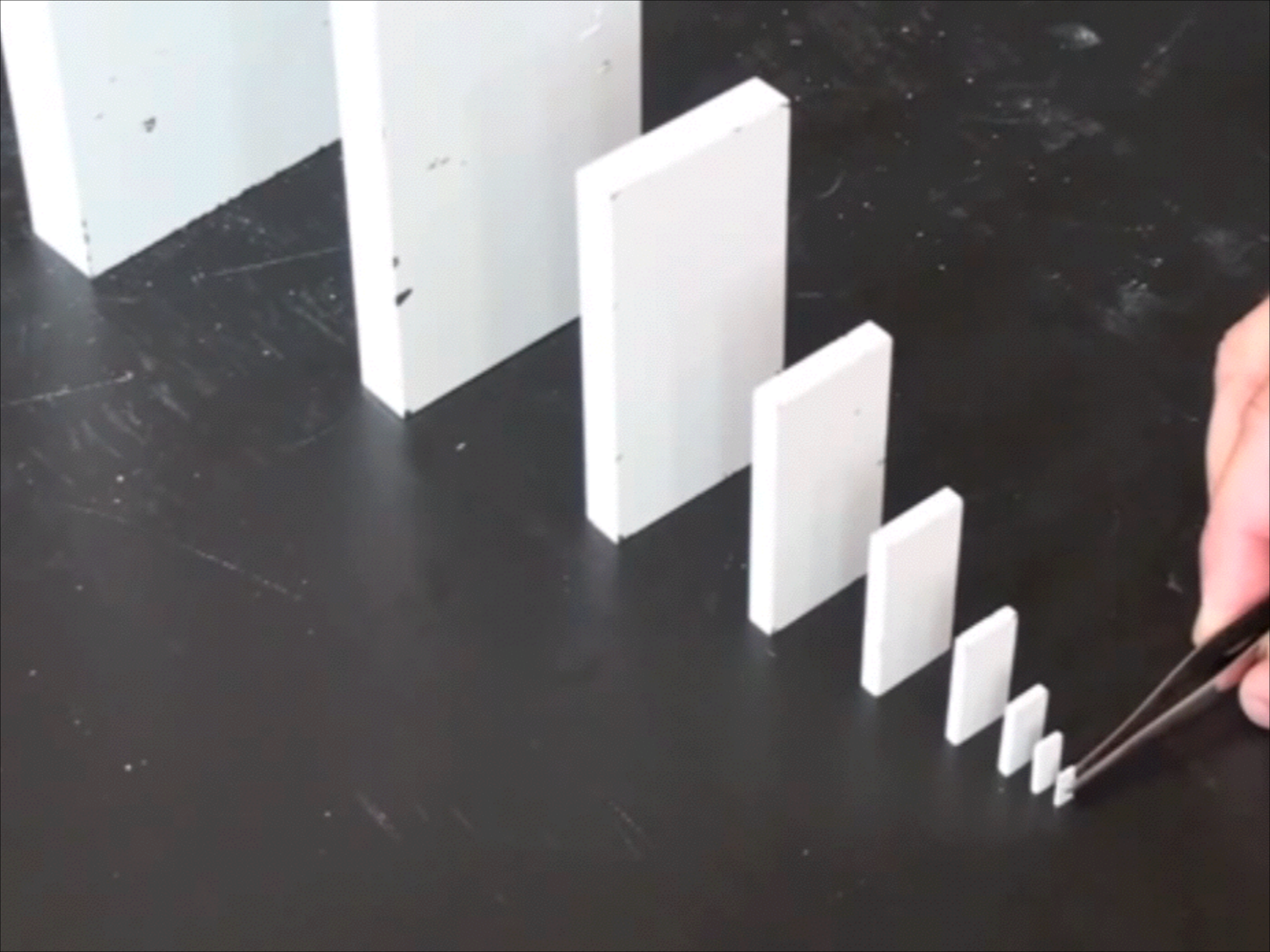
ASKING QUESTIONS

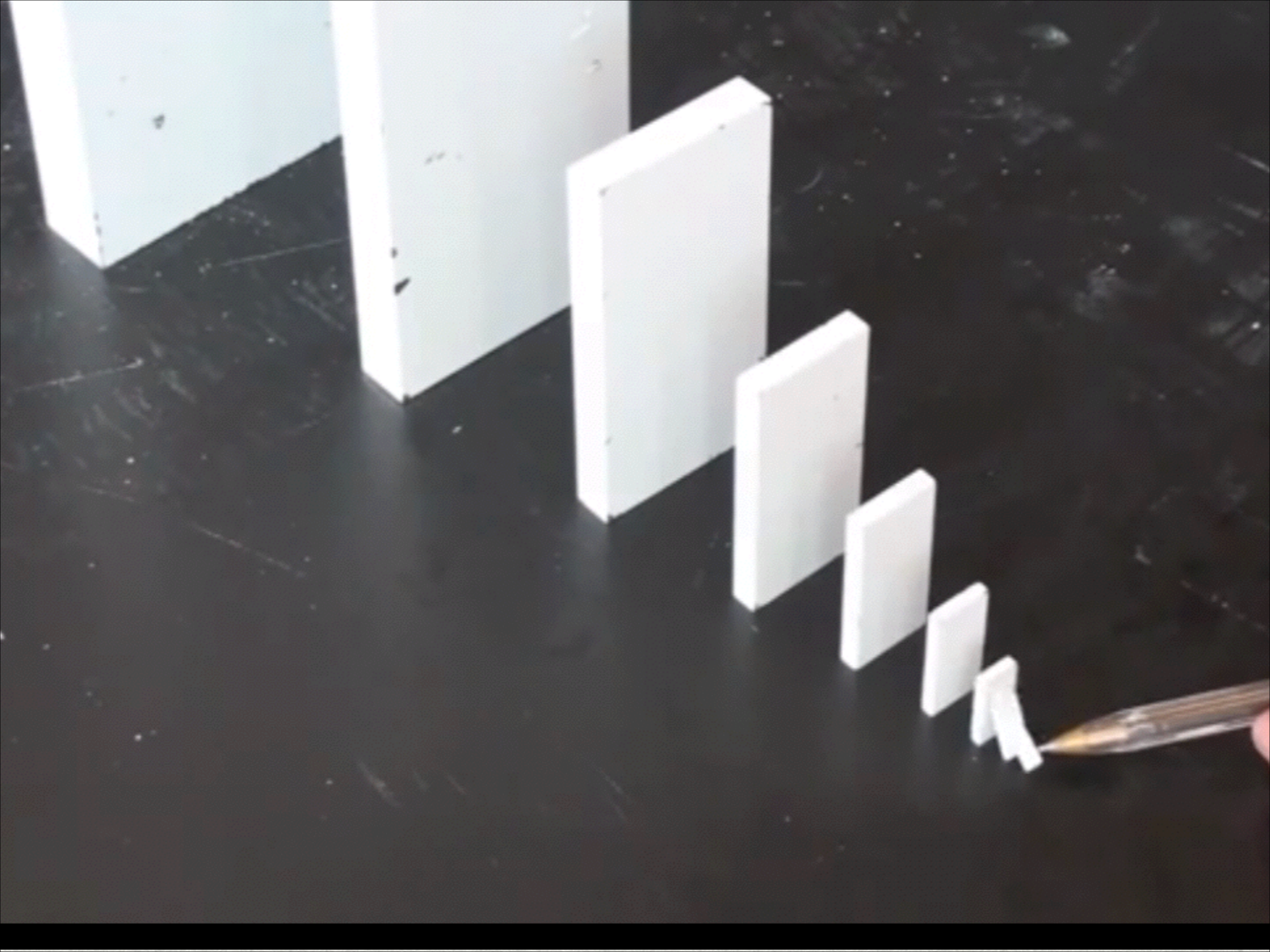
**CHRISTIAN WORKERS CAN NEVER ATTAIN THE
HIGHEST SUCCESS UNTIL THEY LEARN THE SECRET
OF STRENGTH. THEY MUST GIVE THEMSELVES TIME
TO THINK, TO PRAY, TO WAIT UPON GOD FOR A
RENEWAL OF PHYSICAL, MENTAL, AND SPIRITUAL
POWER.**

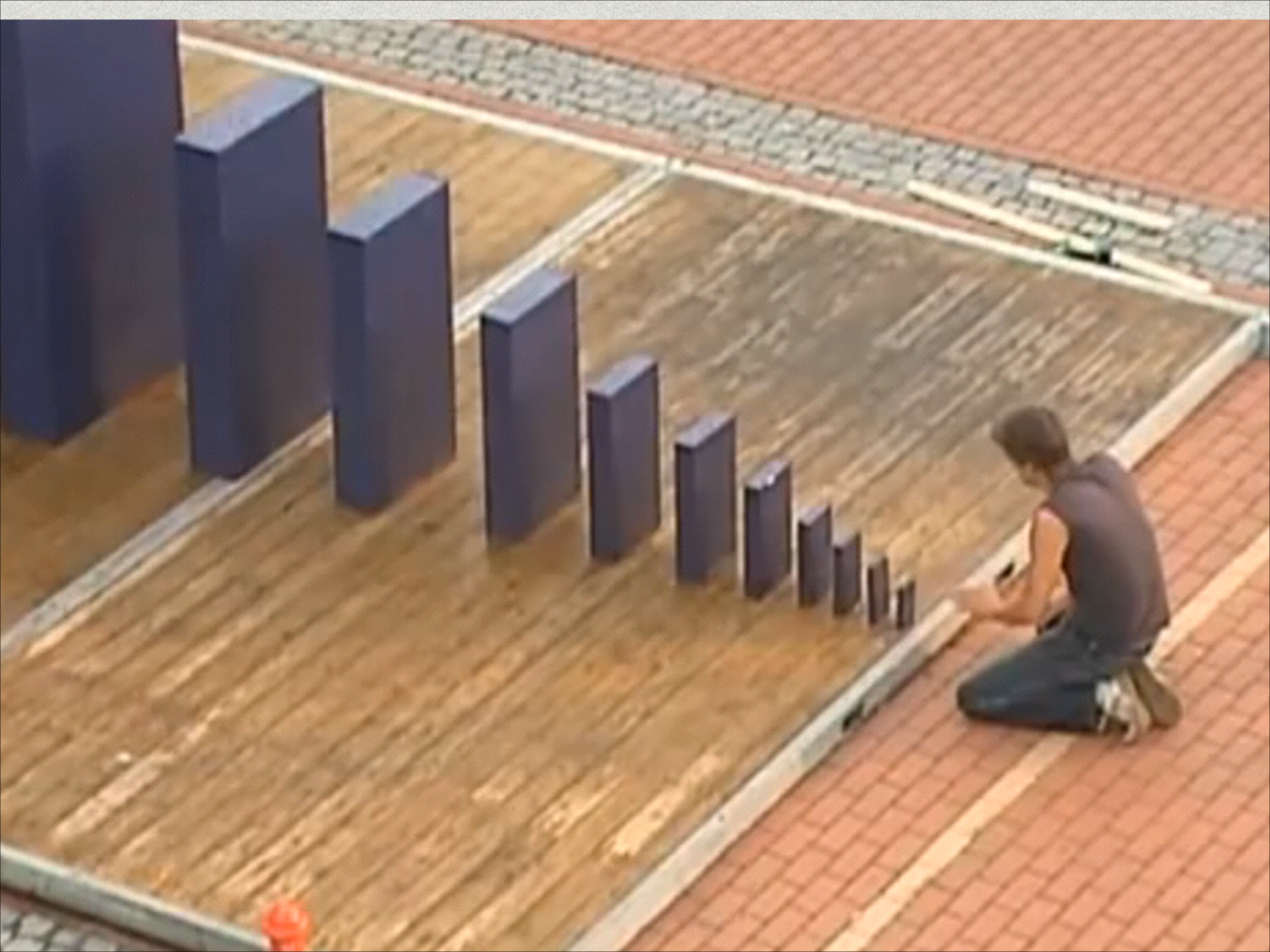
SOUTHERN WATCHMAN 23/02/1904

**WHAT IS THE ONE THING I CAN DO,
THAT BY DOING IT, IT MAKES
EVERYTHING ELSE EASIER OR
UNNECESSARY?**











**WHAT IS THE ONE THING I CAN DO,
THAT BY DOING IT, IT MAKES
EVERYTHING ELSE EASIER OR
UNNECESSARY?**

WHAT IS THE ONE THING:

SPIRITUALLY

PHYSICALLY

PERSONALLY

WORK

MINISTRY

FINANCES

RELATIONSHIPS

“THERE IS TIME ENOUGH FOR EVERYTHING IN THE COURSE OF THE DAY, IF YOU DO BUT ONE THING AT ONCE, BUT THERE IS NOT TIME ENOUGH IN THE YEAR, IF YOU WILL DO TWO THINGS AT A TIME.”

“THIS STEADY AND UNDISSIPATED ATTENTION TO ONE OBJECT, IS A SURE MARK OF A SUPERIOR GENIUS; AS HURRY, BUSTLE, AND AGITATION, ARE THE NEVER-FAILING SYMPTOMS OF A WEAK AND FRIVOLOUS MIND.”

LORD CHESTERFIELD, 1740

**MEDIA MULTITASKERS HAVE A HARDER TIME
IGNORING DISTRACTIONS. THEY ARE “SUCKERS FOR
IRRELEVANCY.”**

CLIFFORD NASS STANFORD UNIVERSITY

THE POWER OF HABIT

PUT AWAY YOUR SPENDTHRIFT HABITS, AND LEARN HABITS OF ECONOMY.

1 MR 318

**FROM THE MOTHER THE CHILDREN ARE TO LEARN HABITS OF NEATNESS,
THOROUGHNESS, AND DESPATCH.**

RH 1/12/1911

**GOD HELP US TO CULTIVATE HABITS OF THOUGHT, WORD, LOOK, AND ACTION
THAT WILL TESTIFY TO ALL ABOUT US THAT WE HAVE BEEN WITH JESUS AND
LEARNED OF HIM! CG 129**

**HABITS REQUIRE LESS ENERGY TO MAINTAIN THAN
TO FORM.**

**HABIT LOOP:
TRIGGER-RESPONSE-REWARD**

A silhouette of a person's head and arm reaching upwards towards a series of light rays that fan out from the top left towards the bottom right. The background is a gradient of light blue and white, with a dark blue diagonal band at the bottom. The text is in a bold, orange font.

One Thing

Fog or Focus?

Steven Grabiner