



1% RULE TOOL

THE RULE

SMALL DAILY ACTIONS COMPOUND. GET 1% BETTER EVERY DAY.

STEP 1: IDENTIFY THE AREA

WHAT AREA OF YOUR LIFE DO YOU WANT TO IMPROVE BY JUST 1%?

STEP 2: PICK THE SMALL ACTION

WHAT'S ONE SMALL THING YOU CAN DO DAILY TO MOVE THE NEEDLE?

STEP 3: PLAN YOUR ACTION

WHEN WILL YOU DO IT?

STEP 4: TRACK THE WIN

WHAT PROGRESS OR WIN DID YOU MAKE TODAY?