ONE GOAL
ONE MOVE

TAKE YOUR NEXT STEP

A SMALL STEP FOR CLARITY & FOCUS

FREE WORKBOOK ● SHORT VERSION

Roland Thunstedt
An Equipido Free Workbook

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BASED ON IMPACT WAY WORKBOOK SERIES
FREE WORKBOOK ● SHORT VERSION

ONE GOAL, ONE MOVE

A small step for clarity & focus

A short exercise to turn a clear goal into one observable action, learn from what happens and choose your next step.

Purpose: to move from intention to action and make one useful adjustment.



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1. Define the next meaningful finish line

Use plain language. You need a finish line that you can recognise, not a perfect sentence.

My goal, in one sentence:

What would count as DONE — or, if this goal is ongoing, what is the next meaningful milestone I can clearly recognise?

> A goal can be big. Your next finish line should be close enough that it creates movement.

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Not sure how to start?

You do not need to know the whole path to your goal. Finding inspiration and learning something new can be your first step.

Ways to explore	An example
Read or listen	Choose a book, interview or talk about something you want to understand better.
Talk to someone	Ask someone with experience how they started and what they learned.
Visit somewhere new	Visit an open day, a club meeting or an event that sparks your curiosity.
Try it yourself	Try an introductory class or a small project to discover what suits you.
Pause and reflect	What gave you energy? What surprised you? What would you like to explore further?

Choose something that sparks your curiosity. You can change direction as you learn. On the next page, your action can be to explore something.

What do I want to understand or discover about my goal?

How will I explore it, and when?

Afterwards: What did I discover, and what do I want to explore next?

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2. Identify the action type

Which kind of action does this goal need right now? Mark the best fit.

☐ One clear action

☐ Several steps in sequence

☐ A repeated behaviour or habit

☐ A combination

> Do not force everything into a habit. Some goals need a one-time action, a sequence or a combination.

My next observable action is:

What needs to be ready first?

What may stop me from doing it?

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3. Choose one real move

Make the action specific enough that you can tell whether you did it.

One friction I can remove before I start:

I will do it on / by:

How will I know this action is complete?

> Take the action before redesigning the whole goal. Planning becomes more useful after reality has given you information.

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4. Do it, then use reality

After the action — or at the end of seven days if the action repeats — compare intention with reality.

What I planned:

What actually happened:

What worked?

What got in the way?

What did reality teach me that planning did not?

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5. Make one adjustment

Keep what worked. Change one thing that got in the way. Then choose the next action.

One thing I will keep because it worked:

One thing I will change for the next attempt:

My next action:

When will I do it?

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Optional next step

If this tool was enough, stop here and use what you learned. If you want more structure, continue with the full workbook.

Start With Your Goal continues through the full five-step process: Start, Build, Track, Adjust and Keep Moving. It adds action sequences, habits and anchors, normal and minimum versions, friction reduction, tracking, diagnosis, adjustment tests, restart rules, checkpoints and a complete action plan.

This free tool gives you a useful first result. The full workbook is for the deeper process: more pages, more review, stronger follow-through and a clearer path forward.

Continue only if the extra structure would help you go further.

Suggested full workbook: Start With Your Goal
Use it when your goal needs a repeatable system around your actions, not just one move.
Want the full workbook? Continue with Start With Your Goal.

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