

ONE-A-DAYS, THE BUILDING BLOCKS OF SUCCESS

By [Norman Tonelli](#)

Years ago, while becoming involved with a personal development program called *Personal Power*, created by the famous personal development expert Tony Robbins, it became obvious to me that any hopes of improving my life measurably, were based on my ability to make *decisions*. As Tony says, “If dreams were all we needed, every child would have a pony.” I have been a rabid dreamer all of my life, but just like everyone; the follow-through has too often been missing. So, more often than not, the dream has remained unfulfilled. All of Tony’s programs seem to begin with perfecting the habit of making decisions. Every program of self-improvement will hinge on your ability to decide and do.

As the years have passed since realizing the importance of the above statement, I have worked arduously on improving my ability do decide and do. A very simple little method I have developed and shared with my clients and friends, that helps you get better and better at this skill, is called *one-a-days*. One-a-days are daily decisions that are pre-planned and executed. They help you become stronger and stronger at flexing your decision-making muscles. When perfected they more than quadruple ones rate of growth towards any goal that you can imagine. The success of this method is based on the fact that the power of decision is usually the only thing that stands between success and failure. Success is not so much what you can do, but what you do.

So how do this one-a-days work? Simple. No... really simple! Here’s what you do. Initially, put aside a few pages or so in a notebook. At the top of the page label the page one-a-days. On the left side of the page number each line vertically one through thirty (one line for each day of the month). Either every night before bed or every morning before you start your day, you will choose one action that you will decide and do before the end of the day. This action can be anything that that would improve any area of your life, including relationships, finance, health, spiritual, or career. The key is ahead of time, proactively, you will think of something positive, or constructive that you must do before the end of the day. This can be something as simple as making that call that you’ve been putting off, deciding to eat healthfully for that day, or deciding to commit a random act of kindness. The monumental importance of the one-a-day is not as crucial as is the fact that you made a decision and did exactly what you said you would. Imagine one week of these and what wonderful differences they could make in your life. Know multiply that by one month! Now one year!

Many of the life enhancing habits that I now unconsciously do were once one-a-days. One-a-days can be single acts that stand on their own or they can be individual steps or increments towards a bigger more complicated goal. But in the beginning, what’s most important is that you choose simple tasks that you just **do**. The main point of this practice at least in the primary stage is that you become a habitual decider. If you can not count on yourself to follow though on your decisions, you can never hope to consistantly reach your goals. Decisions truly are the

building blocks to success. Get good at this and you will soar above the crowd. Most people are not good at deciding and doing. Follow these simple steps and you will be!