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### The One Goal Master The

The One Goal: Master The Art of Goal Setting, Win Your Inner Battles, and Achieve Exceptional Results (Free Workbook Included) Read more. One person found this helpful. Report abuse. Felix Chivite-Matthews. 5.0 out of 5 stars Enlightening. Reviewed in the United Kingdom on October 6, 2017.

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The One Goal has a great cover and interesting premise. I am always reading personal development books and this caught my eye. I liked the discussions around passions, habits, failing forward and mastering emotions. I did learn some good new tools.

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The way to master more things in the long-run is to simply focus on one thing right now. Footnotes "Too Much of a Good Thing: The Benefits of Implementation Intentions Depend on the Number of Goals" by Amy N. Dalton and Stephen A. Spiller (2012).

### The Scientific Argument for Mastering One Thing at a Time

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### The One Goal Master The Art Of Goal Setting Win Your Inner ...

A master is someone who commits to everything that they do. Whatever they start, they finish. Instead of getting distracted, they train their mind to stay focused on one path until they have achieved their goals.

### Master The Art Of Focus: How To Stay Focused To Achieve ...

Step 2: Formulate your one goal into a single number that represents your goal well. Step 3 : Take a piece of paper, write your number on it and tape it right where you can see it while you work ...

**Using the ONE GOAL strategy to set goals once and focus on ...**

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Scrum is an agile framework for developing, delivering, and sustaining complex products, with an initial emphasis on software development, although it has been used in other fields including research, sales, marketing and advanced technologies. It is designed for teams of ten or fewer members, who break their work into goals that can be completed within time-boxed iterations, called sprints ...

**Scrum (software development) - Wikipedia**

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referencing One Goal (One More Goal), CD, Maxi, CDS-2403 one of most beautiful track of Eiffel 65, but, on this release, the track 2: "One Goal (One More Goal) - Extended Mix" is mastered lossy :(

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