

tenfold

The tenfold method on one page

- 1. Write ten by hand.** One hour, one sheet. Everything you want, no crossing out, nothing discarded as impossible. More than ten will come.
- 2. Cut down to ten.** Not one more. Don't merge two goals to save a spot. What falls goes to the bench: up to five unnumbered entries at the foot of the page. At every rewrite they may challenge number ten.
- 3. Order them two at a time.** Face the goals off in pairs: which of these two matters more? The survivor is your number one. Each duel takes seconds; the whole tournament, a quarter of an hour. No ties allowed.
- 4. Write the done-day sentence.** The sentence that will simply be true the day the goal is complete. "Get fit" fails; "I climb four flights of stairs without stopping" passes.
- 5. Split the first one down to a step.** Number one only. Ask what sits one level below, and repeat until you reach a step anyone could take this week with no preparation.
- 6. The rhythm.** Daily, one minute: one question for the goal that knows least about itself. Weekly, five minutes: the top three only. Monthly: the whole list again, from memory first. In between, the sheet stays closed.

If it stalls: check the step size, the real obstacle behind the official one, and whether the order is still true. Discipline is almost never the problem.

The handwritten list, the honest ranking and the periodic rewrite come from Raymond Hull (How to Get What You Want, 1969). The rest is tenfold.



The book and the free app: freshlab.es/tenfold