

Pursuit of ONE THING

For more money, time &
happiness

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“99% of the things around us, don’t matter.”

- Gary Vaynerchuk, Entrepreneur & Author

***“Prepare for massive, persistent action and you will
WIN!”***

- Grant Cardone, Author 10X

1

Pursuit of ONE THING

We are living in a world with access to an abundance of information. It cluttered our choices every day; we get easily distracted with many things and different people. All of them want our most precious asset – Our time.

It may tempt you to do other things or help people, but often the distractions are of mundane and of unimportant stuff. We have all been there; myself included.

It's common that when we take up any work, we will get distracted – even when I was writing this eBook. I would suddenly remember that I had to file my taxes or had to call someone about the book promotion and publishing.

All of this would take me away from my primary goal, which was to write and publish my book.

Have you had such moments? Do you get diverted from pursuing your professional goals like growing in your career or business, to reach out to more customers, grow your sales and income?

Did you get distracted from pursuing your personal goals, like pursuit of a hobby, an interest or a vocation, or even to take a holiday?

It is the nature of the world to distract us and divert us

from our goals and seeking. To test us on how much we really want, what we really want. To test if we are worthy of what we seek.

They say the universe rewards by giving you not what you want but what you deserve. The next question to ask is how can we make ourselves deserving of the one-thing that we seek. Are we willing to put in the thought to get clarity on what we want? Are we willing to put in the work that it requires? Do we have the right levels of energy and focus?

Recall an episode from Nat-geo or any of the animal planet series. Notice in the wild if a cheetah is chasing an antelope or observe any predator and prey. Once the prey is sighted and locked by the predator, it doesn't get distracted, even if there is something better or easier close by.

If the predator gets distracted, then it ends up losing the prey and gets to stay hungry. Remember the cliché saying but true; 'one in hand is better than two in the bush'.

A task for you;

You need to pick your one-thing to-do today, whatever that maybe. It could be a health goal or financial goal or any other goal that gets you excited to achieve. Let it be something tangible and clear. What exactly do you seek or want to achieve over the next one month?

Avoid focusing on your life purpose or larger life goals. For now, pick something that you would like to do for the next one month. Once you practise this habit on smaller and shorter duration goals, you can then amplify it to your larger life goals.

I had a client who wanted to wake up in early in the

morning to exercise, play the sitar, practice vocals, and on some days even paint. I informed that's chasing too many things, even if waking up early is the goal - you must have the right intrinsic motivation to start your day.

There must be only ONE-THING to do. So I asked her to pick again, this time focus only on ONE-THING for the next 90-days. I also offered coaching support to fix her goal and to get to her finish line. She eventually picked to play the sitar as her 90-day goal.

Tips

Don't take too long to decide on your ONE-THING — decide on something and get started. Ideally, take 5 minutes, maximum 1 hour.

If you're unsure, then pick the 1st thought that came to you after reading this chapter, something that you wanted to do but had been postponing. Think about this goal for a little while. Observe if it excites you. Then pick this one as your ONE-THING to do for the next 30-days.

Pick only one thing to do – I mean only one thing! It will tempt you to add a few other things. Resist this temptation and reasoning.

If you're seeking some clarity on your larger life goals, then use the Japanese Ikigai principles to narrow down your larger purpose or mission. This is one of the many beautiful ways to find your path and purpose.

“Half of my frustrations are actually frustrations with myself, for failing to set clear goals and stand by them.”

- James Clear, Author of Atomic Habits

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My Story

Pursuit of my sailing career

As a 13-year-old, sailing influenced me as a career choice. I would read about fantasy and real sailing stories through comics and books. Often, I would dream of sailing on ships.

No one in my close circle of family or friends had any clue how one could get into this career. I would often share my dream of joining a sea career, even though I had no clue how I was going to achieve it. I just knew I wanted this career over everything else and nothing else more than this. It didn't matter what work I had to do on the ship, I simply wanted to sail on board ships.

I spent the next few of my adolescent years in learning how to get into the navy. I was open and trying to get into either the defence wing or the commercial side of sailing. It didn't matter which path I chose.

The one-thing I wanted was to sail on board. I focused all my energy and preparation on it and asked my parents not to get cable television, fearing that I would get distracted from my purpose, like some of my friends. I would talk about joining the navy, dream about it and would go all out seeking and preparing for it.

This approach helped me find out on how to apply for the entrance exams, what to prepare for to join. I was prepared to travel solo to Chennai and Mumbai to write my exams and give interviews without the presence of my parents.

That year, there were delays in the exams being conducted for merchant navy recruitment and I soon joined an engineering college, but hoping that I could get into the navy soon. My heart wasn't into engineering at all. I had decided that if I didn't make it through this year, then I would give the exams again next year.

Nothing was going to deter me from my ONE-THING. I was ready to keep attempting until my age limit didn't allow me any further. I was ready to lose one year or more, but I had to sail. This sheer pursuit helped me get into my dream career and could do so because of my pursuit, my ONE THING.

After 5 years of relentless pursuit, it finally happened after a few months into my engineering college. I got the selected, and I was super excited. Later, as an 18-year-old, I set foot on my 1st ship ready to face the seas.

***“You have power over your mind - not outside events.
Realise this and you will find your strength.”***

- Marcus Aurelius, Roman Emperor

Pursuit of my book

This story reflects my internal dialogue, struggles, and my life journey from the time of wanting to write this book on 3 Culprits to finally getting it published.

To share how the qualities I talk about in the book, the 3 culprits – lazy, fear and doubt played a role during my writing phase from 2020 to 2022.

When the pandemic began, more than the fear of death was the fear of dying and not leaving behind my experiences and learning in a way that I could share with the world. I developed a sense of urgency to bring across the message through online boot camps on will strength.

The idea of writing a book wasn't a concrete thought as yet, but something that I had always envisioned. To write a book someday. The 'will boot camps' got good traction and success.

People seemed to enjoy this format and the will-tasks. Many patiently wait-listed to join the next batch. The participants' success stories, personal changes and transformations in will, along with their feedback, inspired me to write a book.

This was somewhere around Nov 2020. I had never written a book before and wasn't sure how to go about writing one. I was unclear on the vision for the book. All I had was this genuine desire to share my knowledge and help others.

For the next 5 to 6 months, I got distracted from my ONE THING. I wrote nothing. My lack of clarity, lack of focus and lack of energy didn't help either.

I used the pretext of writing my book to go to Pondicherry. To see if being amid strangers could help me finish my book. This only distracted me further; I would only write a little here and there on some days, but nothing

significant to show. The experiences I gained from my travel improved my quality of writing by 10X. The experience of this phase of my life was a massive personal transformation.

In between all this, I would try writing a little but again get distracted again by anything and everything. I just needed a reason to be lazy. I would make excuses to indulge in anything that took me towards pleasurable pursuits rather than towards my purpose of writing the book.

I had a serendipitous meeting with a stranger in March. She pulled me out of my excuses, misled feelings, losing vision of my goals, questioned my fears and helped me come out of this pit that I had myself fallen. It was like finding a lighthouse when I got lost. This was a turning point event in my life.

The next key event happened on 31st April 2022. I felt the need to prove this very concept of WILL that I so strongly believed as the path for much of peoples challenges. This was something I wanted to prove to myself and to others that if one has a strong will, courage and clarity, then one can achieve anything to their heart's desire.

I didn't know how I was going to achieve my ONE THING – Writing the book after a gap of more than a year, but I had a blind belief that I'm going to achieve it. I had complete faith in the cosmic energies that guide me.

I felt energised to restart my mission to strengthen people's will, courage, and clarity. I felt I had the same fire, drive, focus, and energy as wanting to join my sea career. Now that the goals got set, I kept my eyes and ears open on how to achieve it.

During this time, I took up a 2-day workshop by Dev Gadhvi, the self-made millionaire entrepreneur. Initially, I was skeptical, but changed my approach and attitude to learning. This opened a new door to into myself.

This was an expensive course, the most I have ever paid by a far stretch. People would think I was crazy for signing up for that amount. I felt it was an opportunity that came at the right time. I also know that I wouldn't have taken it up a few months earlier, because I wasn't ready for it.

Now I felt ready. This single act of signing up for the workshop made gave me clarity to write and complete my book and to grow my business.

I felt booted out of all my excuses. I knew I had jumped into the deep end of the pool and I had no option but to swim and succeed.

On 2nd July, while serving my dinner, I had this epiphany moment on how to showcase the 3 culprits I talk about – laziness, fear, and doubt. To write about how these 3 culprits who keep coming back into my life and everyone else I know. This was the moment I knew how I wanted to share my concepts on will strength, courage, and clarity.

A couple of days of further reflection gave me further clarity on the book's name and how I wanted to present the content. The book also developed with writing, but the start and end were more clearer.

On 06th July, I got myself into a little know hidden writer's gem within the bustling city of Bangalore. A monastery of sorts, the Montfort Spirituality Centre.

The Brothers of the monastery were warm and

welcoming. Timely meals and my hot cups of tea kept me on a tight leash of personal discipline to write the book. The monsoon rains, with a nip in the air, added the right romance to make the stories more appealing.

I resolved I was going to only leave this monastery with a book in my hand. I was going to get the book done – my 1st draft in one month's time. Nothing else mattered. I felt like a dog with a bone. Nothing was going to shake me off my goal.

I took up daily challenges to test my will. One day, I wrote a complete section of the book which had 11 stories and to write it in 11 days. The first few days went off well. By the 4th chapter or 4th day, it looked like a mountain to climb. I would tell myself, just focus on today's chapter and get it done. After the halfway mark of 6 stories, it became even more difficult to start and complete the stories.

On day 8, I wanted to quit this challenge. I told myself that no one knows about this challenge anyway, so how does it matter? Soon, I convinced myself that I gave my best, and it's not like I told or committed to anyone. I felt completely burnt out. All the excuses were looking good to skip a day and then resume the 8th chapter after a day's break. The lazy culprit was speaking his soothing words into my head.

I knew this wasn't right and lazy was talking, but I could shake it off. I called up one of my best friends and spoke to her. She was supportive and agreed that I should take a break, saying that I had been working hard. At this moment, I realised the only authentic voice is my inner voice and my outer body has no option to obey those words and commitment.

It was already 6 pm, and I had not written a single word. I went back to my writing table and started on story 8 and finished the draft just before midnight. It felt like I was already a winner even though I hadn't completed the book. I could believe that I can do anything.

Over the next few days, it became easier to reach my goal. I completed my mini-challenge. I had written 11 stories in 11 days. One story a day. I had kept my word to myself. I still had the bigger challenge to complete. 1st draft in 30 days.

On the 4th of August, I completed my first draft. It had taken me 29 days to complete this book from start to end.

You must set targets that are 10 times what you think you will do and then do 10 times what you think it will take to accomplish those targets.

- Grant Cardone, *Author 10X*

“Strength does not come from physical capacity. It comes from indomitable will.”

- Mahatma Gandhi

3

How To Pursue Your ONE THING

Background

This task sets the direction for your Will-forces. To decide on how you will use your effort today.

Saying NO to the wrong things will take your YES closer to the right things in your life. You should say NO to more things than YES about how you use your time and energy today.

The minimum unit of a human life is a 'Day' not weeks, months or years. We don't know about tomorrow, so much can happen in our life and in the world in a single day or night. But you know about today to an extent, so plan and use your day to the best you can.

Weeks and months are not natural time frames and rather are man-made time-segments. The natural segments are the day and the year which are aligned with the natural cosmic cycles. It's important to have a year's plan, even if such plans can sometimes turn over its head. At this stage, practice to learn and master your day's plan and then progress to make a broad plan for the year.

A plan is good, priority is even better. Even if nothing works out as what you expected, still begin your day with a

clear direction. It reduces anxiety moments for your body and helps you take control over your day, your goals. You will learn to make the most of your day and be able to enjoy it more joyfully and productively.

Task

Focus on ONE Thing to do today. Just one-thing.

It doesn't mean you can't have other things to do, but that's not a priority as important as this one. The one-thing is literally life and death, a do-or-die kind of priority.

Do this soon after you wake up and have a little time by yourself. Think about one thing you want to do today. Write it down in your diary. Make a box so this one-thing really stands out.

Speak it out loud. What's the one thing you're going to get done today?

Then, do whatever it takes, but get it done.

FAQ's

When should I set up my One-thing?

At the beginning of your day, your energy levels are high or your WILL-forces recharged. Have a hot beverage if you like but set up the priorities list for your day. Decide on the ONE-THING to do for the day.

Spend about 5 minutes to reflect on what to do and what's important for today. This is not the time for detailed planning or perfect planning. You can schedule such detailed planning for later in your day.

Can I add 2 things to do? You probably reason that they are both the same or closely linked?

No, this is the way your body's voice will derail your one-thing. One thing means only ONE-THING.

Your One-Thing to do is to be set to the highest priority. If other tasks get done, then treat that as a bonus. Your word or promise is for getting the ONE-THING done.

What should I do if I cannot complete my one-thing?

At the end of your day, reflect on why you weren't able to do it. Sometimes, external factors could have come in your way like someone else didn't turn up for the meeting or it started raining or the store was closed.

Were your reasons because of internal factors? Did the 3 culprits – lazy, fear and doubt - come in your way to stop you? Did you procrastinate, lack of courage, getting distracted and emotional upheavals? Observe why you didn't get done and what you could do in the future. Did you struggle to SAY NO to someone or some work?

What can I do if I complete my one-thing?

Take rest, celebrate, enjoy your day. That's the best thing you can do. Avoid taking on new priority today. Do it the next day.

If you must, then get a few more things done, then after finishing your One-thing with no specific order to complete.

The habit of doing the one thing is being built. You are prioritising what is your one-thing for the day. You are less bothered about the grander purpose of your life or reaching multiple one-things in a single day. Do this once you are

consistent with getting one-thing done every day. This itself will take you closer towards your dreams and goals.

How do people prioritise their one-thing - from a will-lens perspective?

Something to observe,

Doing-will folks (doers) tend to under-promise. They are usually people who have hands-on or extensive experience of doing this work. They ask for more time to do a work as they know the hurdles and time traps that may come up and it's not because they are lazy in their body.

On the downside, such folks may not push their boundaries to stretch their thinking and their goals. They become comfortable with their usual targets. Such people need to find a new level to increase their capacities.

Thinking-will folks (thinkers) will tend to over-promise. These are people with lesser hands-on experience and do more planning instead rather than actual work. They underestimate time and effort required to reach their goal point and so they expect it to be completed in lesser time.

They come under the influence of planning fallacy and underestimate the time and effort required for this work. The more hands-on work they do, the better they become at estimating and expecting of time and effort needed to reach their goal.

How do I prioritise my one-thing along with social obligations?

Your one-thing will beat everything else in life, except medical emergencies. If in the morning you know you have a social obligation, then don't attempt your one-thing. Maybe

your social obligation is your ONE THING for that day.

Treat ONE-THINK with respect. If you take up the one-thing then nothing else matters. I mean, nothing comes in your way of your ONE-THING.

Can I do one-thing on a longer project?

Yes, you can. Practice on smaller goals for a few months and then amplify it to your larger and longer duration goals.

Tips

Attempt to do one thing on a longer project. Decide for the next 7 days or 30 days you will do one-thing. This means you will not be deciding every day like before. You can do other things, but you will ensure you're heading in the right direction every day for a minimum for x duration or x quantity.

Except for medical emergencies, nothing should stop you from doing your one-thing. No excuses to be allowed. Don't overthink, just get it done, even do crappy work too, but do it every day. Consistency trumps everything else.

Story

Recently, I took up the challenge to write the book as my one-thing for 30 days. Every day, I would write a page or a chapter. There were many days when I couldn't write even half a page or didn't want to sit in front of my computer.

On such days, I forced myself to write something, even write a crappy chapter, hoping I can improvise later. I didn't want to settle for a no-writing day or what I say 'don't settle for a zero-day'.

Summary

Prioritise one-thing to do for the day.

Do it soon after you wake up and have some time by yourself. It shouldn't take over 5 minutes to do this planning and prioritising.

This time isn't about detailed planning. It's only about choosing your one-thing for today and what's the minimum you will do about it.

Have an attitude of

*Zero tolerance for any BS that body comes up with to stop you from your ONE-THING.

*Zero tolerance for any emotional drama your body brings up from time to time. Don't let your feelings come in your way. Do it anyway.

*Zero tolerance for any of your 3 Culprits – Lazy, Fear & Doubt but most of all, Lazy.

Wishing you an abundance of strength, energy, & focus

“The key is not to prioritise what’s on your schedule but to schedule your priorities.”

- *Stephen R. Covey, Author of 7 Habits of Highly Effective People*

***“If you want to help people accomplish some goal,
make it easy.”***

- Richard Thaler, Author of Nudge

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Will Boot Camp

Mentoring + Coaching + Will Boot Camp

If you like to continue working on yourself through my mentor-guided self-work challenge. We will be happy to help, drop a mail to team@skillsbeyondeducation.com

This is an online boot camp to strengthen your WILL, Courage, and Clarity by keeping you committed and accountable to yourself. This is a group work program.

Just like when you buy a book on yoga, you can do many of the asanas or poses by yourself by looking or reading up the instructions. Although some of you may prefer a class, so you can do it as properly as it should be, along with being consistent and building rigour.

I would suggest that you put your tasks into practice either by yourself, create your group, or by joining the will boot camp. It is always preferable you do something towards your pursuit of happiness every day.

If you have any queries related to the will boot camp, then reach out to team@skillsbeyondeducation.com

The intent of this book was to inspire you and stir you into action. To bring positive changes to your will strength,

to help you build your courage, and to get clarity for decisions. The ONE-THING task should become a habit in your life and to become a mindful practice throughout your day.

I hope this mini-eBook has helped you become more mindful of your pursuits, distractions, and how they appear at every turn in your life. It could be in your relationships, how you take care of your health, how you grow your business, or at other various decision and action points during your life or day.

It would thrill me to hear your own story of change, your pursuit of your ONE-THING and how you achieved it. It would inspire me to keep writing and sharing more with you. Write to me at author@3culprits.com

Wishing you an abundance of will strength, courage, and faith in yourself.

*“Change one thought into action every day, not later
but right now.”*

- Preetham Madhukar

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Reach Out

Follow me;

YouTube Channel: Will Boot Camp | Battle Your 3 Culprits

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Connect with me to share your stories and challenges. Reach out to me for speaking engagements, custom webinars, and workshops for your group at author@3culprits.com

***“Don’t settle for ZERO. Do something but don’t have
a ZERO day.”***

- Preetham Madhukar

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Author Bio

Preetham Madhukar is a former sea captain who sailed across the oceans in his career spanning over 20 years. He brings his rich life experiences and lessons from his sea voyages on how to navigate through everyday life.

The lack of grit, reliability, excellence, courage, clarity, focus, purpose, and, most of all, personal discipline among people disturbed him. An issue that he struggled with throughout his life and his deep desire to overcome his personal weakness led him to various personal hacks and experiments with tasks that gave him insights to get over his fears, laziness, and doubts.

Preetham has designed 2 unique offerings, one called the Will Boot Camp. He started the first will boot camp in India, to focus only on Strengthening your WILL, an online mentor-guided self-work boot camp.

The second one, WePlay Today, is a fun outdoor game for grownups. Both projects of his are at the root level, working on stirring people's will, courage, and clarity (faith).

Captain Preetham is the #1 Will Strength Coach who has dedicated his life only to working on people's Will, courage, and clarity. Apart from his offerings, he is a key-note speaker, and a consultant for organisations on their educational and

coaching programs by making learning fun and memorable.

He provides personalised mentoring to high-profile individual clients to help them overcome their 3 Culprits – Lazy, Fear & Doubt.

Captain Preetham founded Skills Beyond Education in 2016 to help adolescents and adults work on their will, courage, and clarity (faith) through his workshops and camps.

His flagship program ‘Stargazing Camp’, where he doesn’t use telescopes or gadgets, so people become comfortable with the night sky like ancient travellers, sailors, and monks, is a popular camp in Bangalore.

He says apart from learning life skills; it helps people get clarity about their purpose and goals. To find meaning in their life. Preetham brings his experiences of mentoring cadets and officers at sea by adapting them to serve his coaching and mentoring program for clients ashore.

When Preetham is not working on his projects or writing his book, he is practicing Bio-dynamic farming at his farm in Mysore. He is an avid reader, a Rotarian, an active member in promoting anthroposophy, and the Secretary of Company of the Master Mariners of India, Bangalore chapter.

Captain Preetham is also a co-founder of a farm services company, Native Homestead and a trustee of Varuna Foundation.

www.skillsbeyondeducation.com

“Keep your WORD to keep your WILL”

- Captain Preetham Madbukar