

DAN PINK'S ONE SENTENCE EXERCISE

Purpose

This exercise helps us reflect on the kind of person we want to be and the legacy we want to leave. By imagining our one sentence now, we can become more intentional—more pointed—in our daily actions and decisions. It helps align our work, relationships, and values with the impact we truly want to have. Whether you're thinking about your personal life, your job, or your role in a community, this sentence can serve as a compass.

Tip:

Try writing your sentence in the third person, as if someone else is describing you. This perspective can help you focus on how your actions affect others, sharpen the articulation of the impact you are making now, and the impression you leave behind.

Prompt: Finish this sentence

"She/He/They _____."

Some examples might be:

- ✔ She helped people feel seen.
- ✔ He brought out the best in others.
- ✔ They made things better wherever they went.

Your Turn:

"She/He/They _____."