



# The One-Day Contract: How to Add Value to Every Minute of Your Life

*Rick Pitino, Eric Crawford*

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**A life-changing guide to achieving your goals, by the 2013 NCAA champion college basketball coach and #1 New York Times bestselling author.**

Rick Pitino is famous as one of the most dynamic and successful basketball coaches of our time, leading the University of Louisville Cardinals to the NCAA basketball championship in 2013, and is renowned for writing the #1 *New York Times* bestselling success and leadership book, *Success is a Choice*.

In his new book, *The One-Day Contract*, Pitino details his key to success, on the court and in life: to focus on making the most of each day, by creating a contract with yourself. Coach Pitino was able to turn Louisville into NCAA champions by applying this idea to everything he and the team did—every practice, every recruiting visit, every game preparation, every scouting report, every instruction that he gave players and coaches, and everything he did himself. Each day became just as important as reaching the national championship, and so, by honoring the one-day contract, he and Louisville moved through adversity toward their goal.

In this inspiring and practical guide, Coach Rick Pitino illustrates how to set your own one-day contract, and follow through to honor it for each day, each goal, and each interaction with another person. Pitino shows how to:

- Establish focus as a discipline in everything you do: planning, strategy, priorities, and career advancement.
- Discover the true key to success: not ambition, not wealth, not power, but humility.
- Use technology wisely—but don't let it replace personal connection with the people you work and live with.
- Own up to your problems, tell the truth and they will become part of your past. Lie and they become part of your future.
- Make small changes and add value to every minute of your life.

*The One-Day Contract* will reshape the way you approach your job, your goals, and your life.

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#### **Guillermo Behler:**

Spent a free time and energy to be fun activity to try and do! A lot of people spent their down time with their family, or all their friends. Usually they undertaking activity like watching television, likely to beach, or picnic within the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your free time/ holiday? Could be reading a book might be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to try look for book, may be the book untitled *The One-Day Contract: How to Add Value to Every Minute of Your Life* can be good book to read. May be it might be best activity to you.

#### **Catherine Estey:**

Why? Because this *The One-Day Contract: How to Add Value to Every Minute of Your Life* is an unordinary book that the inside of the book waiting for you to snap that but latter it will shock you with the secret this inside. Reading this book alongside it was fantastic author who also write the book in such amazing way makes the content within easier to understand, entertaining way but still convey the meaning totally. So , it is good for you because of not hesitating having this anymore or you going to regret it. This amazing book will give you a lot of positive aspects than the other book have such as help improving your talent and your critical thinking method. So , still want to postpone having that book? If I had been you I will go to the book store hurriedly.

#### **Donald Thomas:**

Reading can called brain hangout, why? Because if you are reading a book particularly book entitled *The One-Day Contract: How to Add Value to Every Minute of Your Life* your brain will drift away trough every dimension, wandering in every aspect that maybe unfamiliar for but surely might be your mind friends. Imaging each word written in a reserve then become one application form conclusion and explanation that maybe you never get just before. The *The One-Day Contract: How to Add Value to Every Minute of Your Life* giving you one more experience more than blown away your brain but also giving you useful

information for your better life on this era. So now let us present to you the relaxing pattern the following is your body and mind will be pleased when you are finished reading through it, like winning a casino game. Do you want to try this extraordinary wasting spare time activity?

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