



**ONE Goal: Promote it among members  
by communicating it as leaders**

This guide is intended for:

- Division Governors (for promotion among Area governors and making club visits)
- Area governors (during club visits)
- Club presidents (talk it up during your business update at meetings)
- VPs of Education (make a speech about it)
- Club coaches: show members how ONE Goal helps in their everyday life

How the program works:

ONE Goal will help you chart a path to your goal by using Toastmasters principles and opportunities. The program guides you to fully understand why your goal is important to you and provides tools to help you reach your goal, and improve your life.

Once you declare a goal, you are making a formal commitment to it. When people know about your goal, they will encourage you to achieve it.

The process or journey of reaching your goal can be recorded on this website. Basically, you will set one goal, commit to it, establish action steps, track your progress, and get support from a buddy. If your progress starts to wane, your buddy can help you refocus and take the steps needed to achieve your goal.

D28 Toastmasters who sign up for ONE Goal can select to have a buddy assigned to them. Buddies are paired during the registration process. It's a reciprocal effort to encourage and support each other in reaching your ONE goal. You can communicate via e-mail, text, phone calls or meetings. The name of your buddy and his or her contact information will be sent via e-mail.

This program allows you to work at your own pace, but biweekly check-ins are advised. Each week and month, you should be able to show progress toward your goal. You will be able to review updated resources, such as powerful motivational tips from across the web, shared by D28 ONE Goal team members. All users can post

links to inspirational blogs, quotes, stories, posts, etc. (use the online link on the Resources page, which is: [d28onegoal@gmail.com](mailto:d28onegoal@gmail.com))

If you plan to pursue a Toastmaster education goal as your ONE Goal, you will receive support and encouragement from your buddy, whether it involves finishing a manual, becoming a club or district officer, or completing a leadership project.

Achieving a personal goal can parallel the Toastmaster's track. If you communicate about your goal by making speeches and performing activities in Toastmasters, you may also reach Toastmasters' benchmarks, e.g. CC manual completion, High Performance Leadership (HPL) project, and CL (competent leader) manual completion.

The Toastmaster team will send regular e-mails to you. Commit to opening these e-mails to get added motivation to keep taking action toward your goal. The Resources page will become an inspiring place to visit whether you are going full steam ahead toward your goal or need some extra motivation.

Visit the website: <https://onegoalrails.herokuapp.com/login>

You can also access it through the D28 website home page.