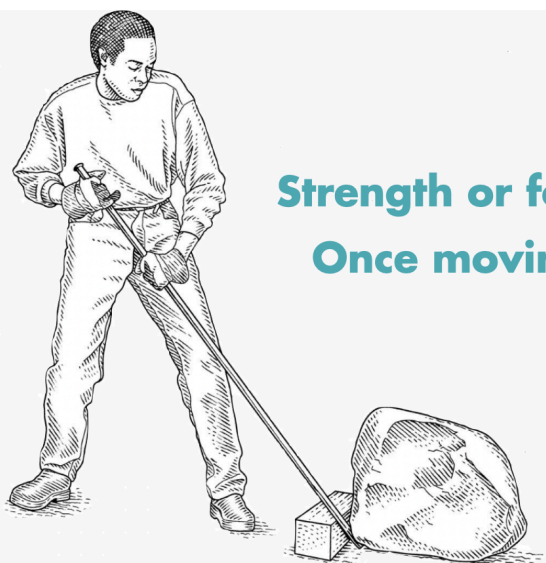


FUELING MOMENTUM IN YOUR YEAR



**Strength or force gained by motion.
Once moving, less likely to stop.**

$$\text{MOMENTUM} = \underline{\hspace{2cm}} \times \underline{\hspace{2cm}}$$

$$(- \underline{\hspace{2cm}})$$

1

LOOSER GOAL

where is it?

A loser goal I can create is...

1

PERSON TO ENROLL

who is it?

*A person I can enroll for support,
accountability, or advice is...*

1

**SMALL STEP FOR
TODAY**

what is it?

*One small step I can take
today is...*

TIPS TO SPARK MOMENTUM

1

DRAFT OFF OF OTHERS: Following in the footsteps of another person often takes less power and effort. ASK: Who else around you at work is already moving in the same direction? Can you set up a 1:1 to learn more and ask questions about their journey?

2

MAKE DAILY CONNECTION WITH YOUR FUTURE: Have something to look forward to no more than 40 days away. Plan simple things that inspire your anticipation (a place to go, an activity, a personal connection). Speak about them and build up these future “carrots” through continual conversation.

3

USE THE “ONE THING” PRINCIPLE: What is the push needed to get your dominoes started? The One Thing principle has you ask: “What’s the ONE Thing I can do, such that by doing it, everything else will be easier or unnecessary?”

My number one takeaway today is...