



Propel

Harnessing & Sustaining The Power of Momentum

Living For The Better ©2020

PROPEL

Table of Contents

<u>INTRODUCTION</u>	<u>3</u>
<u>THE POWER OF MOMENTUM</u>	<u>5</u>
<u>HARNESSING MOMENTUM</u>	<u>9</u>
<u>KEEP IT GOING!</u>	<u>21</u>
<u>CONCLUSION</u>	<u>27</u>

Introduction



Wow, it can be hard to get yourself going sometimes.

You know the drill. There's something urgent that you need to get done. Maybe it's a project for work or something you've been desiring in your personal life. You sit down to get started and...nothing. That's it. You're stuck, and you haven't even begun. Or worse, you had a little momentum going and somewhere along the line, you just stalled out. Either way, now you're sitting there, and you have no idea how to get back into action.

PROPEL

The problem is, we get caught up in the idea that if we knew what we were doing, if we were smart enough or talented enough, we wouldn't have these problems. A little word of advice? Don't go there. Seriously. This is the furthest thing from the truth. Getting stuck is quite common.

In fact, you could ask anyone, and they would have their own 'getting stuck' story. It happens. Maybe you got sick and couldn't work for a while. Or life got in the way. There are lots of good reasons for stalling out. The key is to not let the story end there.

What this book is going to do is help you get past this point. Forget the excuses; let's get you moving again. You're going to learn the secret of propelling yourself forward after becoming stuck. Then, once in motion, you're going to seize that momentum by harnessing it for your own uses. Once you've got a firm grip, then you're going to learn how to keep it going.

Propelling yourself forward is a crucial technique to learn. With it, you're going to find momentum in all aspects of your life. Excited yet? Let's get started!

The Power of Momentum

What is Momentum?



You can't talk about momentum without involving a little bit of science. Technically, momentum has to do with physics. Remember the old idea you had to memorize about how an object in motion tends to stay in motion? (Newton's First Law of Motion for those of us who've forgotten). Well, momentum has to do with the quantity of motion, usually measured in conjunction with various things such as mass and velocity.

If this sounds complicated, let's take a step back. Momentum means you're moving, and without something to act on this movement, you're going to keep going.

Think about riding a bicycle. In a perfect world, you would set it in motion by pedaling and then keep going forever. But other factors will keep this from happening. There might be hills or various obstacles you wind up having to brake to avoid. Even if the road is flat and the way clear, you still are contending with the friction of the road itself, meaning you're going to be slowed down and will inevitably come to a halt if you don't put in the action of pedaling.

Our lives are much the same. Sometimes, we find ourselves going along quite well, feeling accomplished and getting things done. But eventually, we wind up losing momentum. Something interrupts the train of thought or we're pulled away to do something else for a time. The problem is, much like with a bicycle that has come to a complete halt, we need to do some serious pedaling to get back in motion. This isn't always easy to do, especially when you're trying to understand several different kinds of momentum.

We start by talking about momentum in all its forms.

Momentum of Thought

All momentum begins here. Without thoughts in alignment with goals, we're never going to get anywhere. The momentum of thought happens when we start thinking about something and want to cultivate this thought to explore it further, perhaps in more detail. A thought gains momentum when it's ready to transfer into action.

Momentum of Action

Action becomes the natural outgrowth of a thought which has gained momentum. Now we're ready to put the thought into motion by taking the goal and making it a reality. But to turn the action into one with momentum, there needs to be a *repeating* aspect to the action. In other words, your action needs to take on a habitual quality with constant progress, or you're no longer moving forward (and hence have lost momentum). When this happens, you might revert back to the momentum of thought, where you're just thinking about the goal again, or you might lose it altogether.

Momentum of Relationship

This is the momentum of action with an added component: the need for someone else to share it with. Now your action is focused on someone else, either friend, co-worker, family member or partner. Your interaction and relationship is something you're cultivating regularly (the repeating factor) as you develop more unity with the other person. In a work setting, this means settling into a rhythm where you can accomplish mutual goals together, with a close cohesion which eventually leads to building an unstoppable unit. In a romantic relationship, the forward motion leads to genuine intimacy and tends to culminate in ways that secure the relationship on a more permanent basis.

The importance of each of these variations of momentum has already been touched upon, but let's look at them in more detail as this is such an important idea.

PROPEL

Without the **momentum of thought**, we tend not to make goals at all. We entertain ideas instead. Not to say an idea isn't a good thing as it is. All goals start with ideas. But by thinking about an idea continuously you hone it. You work out the details and potential problems. You start seeing it from all angles, and eventually, you prepare yourself to take this idea out into the world. It's here in this process where the idea becomes a goal. Without goals, we'll never create the impetus of action in our lives at all. Without the momentum of thought, we quickly find we never go anywhere at all.

The **momentum of action** is required if you want to accomplish your goals. A goal is nothing more than a wish until you start doing things to realize it. And because goals generally can't be accomplished overnight, you're going to need to stay the course to see them get done. Momentum of action is what makes the process happen in a way that doesn't drag out forever. Without it, you're much more likely to stall out and not complete the goal at all.

Momentum in a relationship is necessary if you ever expect to be able to work or play well with others. Sure, you can date someone without experiencing this momentum, and even enjoy spending time with friends and relatives. But how close will you feel in any of those relationships? How deep can any relationship become without the constant attention toward tending it? Even in a work situation, you'll never gain fluidity in working together without momentum. This is a wonderful state where you start anticipating the other person's thoughts or needs. You start to balance each other and bounce ideas off one another in more exciting and more creative ways than you would ever would alone or with a stranger.



PROPEL

Truly, momentum is a beautiful thing. Imagine the power of being able to harness it.

Momentum isn't something you can just leave to chance. Going back to the bicycle analogy, imagine what would happen if pedaling the bike sometimes worked and sometimes didn't. You'd very quickly come to find you couldn't rely on that bicycle to get you anywhere. Sure, it's okay when things are going well, but sometimes you need momentum *right now*. For example, you might have a deadline for a term paper at school. Or you have a project at work needing to be turned in on a specific date. If you waited for momentum to just happen, you might find yourself scrambling at the last minute to try and get things done, or worse, you'll never start at all.

Momentum needs to be reliable so that when you are stalled out, you're able to start again when you want and how you want. Think about this a moment. What if you can create momentum whenever you want and keep it going for as long as you needed it?

This is what it means to harness momentum. In the next chapter, you're going to learn exactly how this works.

Harnessing Momentum



Isn't it awful being stuck? There are so many ways we can derail ourselves and lose momentum completely. Sometimes we don't immediately realize we've lost it and keep trying to press on, only to become more and more frustrated when we don't seem to progress. Sometimes it's so obvious there's no way to miss it.

Anxiety

When you're stuck, you automatically start worrying. This is normal. No one likes the feeling of being stuck. The problem is, the more you start to focus on what isn't getting done, the higher your own levels of anxiety will rise, making you stall out worse than ever.

Time-Wasting Behavior

The moment things start going wrong, it's natural to hunt for something which goes 'right.' Video games, apps, Facebook and other social media have been proven to deliver a little jolt of endorphins the more you indulge. In short, you feel like you're accomplishing something when you post about your day or beat the next level. This will work as a replacement for the sense of accomplishment you're not getting in your work to achieve your goals.

Loss of Focus

Have you stopped because you don't know what you're aiming for anymore? This happens frequently if you've never had a clear vision of the future in the first place or when your needs have changed. Your original goal might not even serve you at all anymore.

Feeling Down

Are you hanging on to a lot of ugly feelings about being a failure or falling into a cycle of self-criticism for the way you never seem to get things done? Disappointment is nothing more than a failure elsewhere misdirected and focused inward. What it means is you feel like you were derailed, and rather than deal with what went wrong and learn from the experience, you implode and put the blame on yourself.

Depression

Here is where disappointment and anxiety take an ugly turn. Here is where you've lost progress to the point where you've given up entirely. This can become especially dangerous and needs to be addressed, sometimes with professional help.

Finger-Pointing

If you're not only stopped but angry because you're feeling like you're being kept from your goals by everyone or everything else, you might want to give yourself a reality check. Is this truly the case or are you not wanting to take responsibility for whatever stalled you out in the

first place? Either way, always shifting the blame on those around you (even if it is justified) only keeps you from digging back into the job at hand and isn't healthy.

Worn Out

It's amazing how physically tired you can become, especially if momentum has been a problem for a while. We tend to be energized when things are going well. In contrast, feeling tired becomes a quick reality for many when things get rough.

You Don't Feel Capable

We get stuck when we don't know what to do. The problem is, too often this impacts us negatively on a more personal level where we start thinking we can't just do it because we don't know-how.

Procrastination

When we're not experiencing momentum, the journey toward our goal starts to become unpleasant. Because we're trained from childhood on to avoid unpleasant things, it's natural to start putting off working on the project. It just feels like too much work. Your mantra is rewritten to, "I'll do it later."



You're Just Not Feeling It

In the end, sometimes we're just burned out. We've been pushing and feeling like everything is either taking too long or not working out very well, and it's no longer 'fun.' Here's where enthusiasm dims, inspiration fades, and we generally feel so blah that momentum goes right out the window.

You're Stressed

PROPEL

Momentum gone, you start seeing a deadline with no forward progress in sight. Now you're getting twitchy, focusing on a hundred details all involving the how and why things aren't getting done. With so much energy engaged in stressing out, there's nothing left to build momentum up again.

Recognizing the signs? Quick, let's do something about it to get you back on track.

The Four-Step Back-in-Action Guide



Okay, so you know you're stuck and probably don't know what to do to solve it. Chances are you've already started the usual avoidance techniques such as procrastination or quitting altogether. Or you might be struggling valiantly onward, using the phrases 'buckle down' or 'try harder' as the impetus.

How's that working out for you?

The problem with a 'dig deep' mentality is it works well in the short term but not so much when you need to go the course. Going back to a sport's metaphors, we can dig in and give it all we have much better for a sprint than a marathon.

Sadly, most goals are more marathon than a sprint in nature. Figuring out how to propel yourself forward requires strategy and a lot of intentionality. You can start with a fairly basic four-step plan to address the issue and get you going again:

Recognize the Problem

Well, something needs to change, because things aren't working. The question is, are you happy here, waiting it out, or do you want to move forward? This question becomes important because, in some things, we really might be happier with the status quo. After all, there's no challenge in keeping things the same. On the other hand, it's also a quick way to become stagnant. If this doesn't sound appealing, then take a minute to acknowledge what exactly is

going on. Something needs to change. No excuses here. What's going wrong? (It might even be you!)

Take a Step Back

We know what needed changing, but do you know why? Understanding the reasons why you were holding back, or allowing something else in the way is important, especially if you intend to get moving again. Did something come up that seemed (or is) more important? Does something about the process seem hard? Are you dealing with old baggage? Whatever the case, you can't move forward without understanding where you are now. Don't forget to address the most important question of all: What do you actually *want* to be doing right now? Have your goals changed?

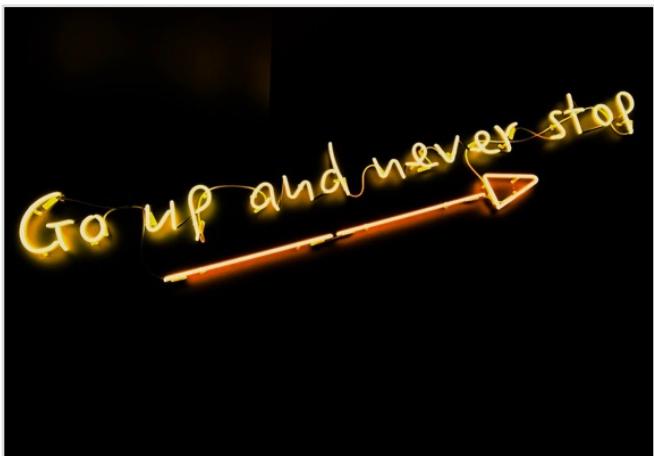
Reconsider

You might already have a hint of this from the last step. Here you want to ask yourself what's the most important thing to you right now? Do you need to reconsider the goal? Or perhaps you want to change the way you're going about trying to achieve it. Explore your life's purpose and spend time crafting a mission statement if this helps. While the last step was about the *why* of things, now you're looking at the *what*. You might also want to include in this whether things are weighing down your purpose. Here's where you lose the drag anchor and tell naysayers to take a hike.

Built a Road Map

Now, with a clearer purpose, it's time to figure out a plan of attack. With a clarified goal and a new sense of purpose, you're ready to think strategy. Remember, deliberately setting a course of action is more conducive to achieving success than acting randomly on whatever seems best in the moment. This needs to include small actions, things you can perform every single day so you can start building back the momentum in a small way. It's important here to keep goals small as otherwise, it's easy to become discouraged when there's too much on your plate and lose momentum all over again.

Now Take it to the Next Level



Are you starting to figure it out? Hopefully, by now you're starting to feel a little nudge prompting you to move forward. This is the beginning of what it means to propel yourself into the world of momentum. Baby steps are a great place to begin. Savor the experience and enjoy what you've accomplished so far. Then take a breath and ask yourself if you're ready to step up your game a little.

This isn't something you should feel intimidated by in the least. What follows are some tips that will, in the long run, make it even easier to build back momentum. Think about those four steps we just talked about as starting to pedal the bike. Now you're going to experiment with the gears a little bit and see if you can pedal a little faster to get it truly flying.

One word of caution: Remember you don't have to do all of these at once. You might want to spend a little time with each one to build it into a habit before moving on to the next. Trying to do everything at once is daunting and will quickly burn you out. The next thing you know, you'll be back right where you started: stuck and without any drive at all. Start by trying one or two of these tips and see how it goes before adding the next ones.

Face the Past

This step is going to take a little work and a whole lot of patience with yourself. It starts with you seriously analyzing if something in your past has created baggage which might be keeping you stuck. Are you lost in consequences from some action from long ago? Are you hearing someone else's voice reminding you of your failures? Whatever the case, you're going to have to do the work to confront what's going on. This is a hard step and might even take some therapy to address, so give yourself time to work this through. The key to remember is you're

PROPEL

not the person of your past. You're someone brand new, who is bright and creative and intelligent. You're perfectly capable of doing what you need to do.

Try Something New

It might be you're stuck because you're feeling like you're lacking in skills, knowledge, or life experiences. This is so easily remedied! You start by embracing new experiences. What is something new you can try today? What can you spend time learning? The world is full of opportunities to learn and experiment. Try taking an online class. Order something new for lunch. Embrace the joy in sampling all life has to offer. A change in mindset toward your project will follow naturally, as will fresh enthusiasm as you discover who you are and what you're capable of.

What's the Ultimate Goal?

Maybe you're stalled out because your goal is too immediate, and you're a little fuzzy on where you're going. Spending a little time refining the ultimate destination is definitely time well-spent. Start with making a list of what you're wanting to accomplish. Now, look at your list and ask yourself, are any of those things the endpoint? Where is it that you're trying to go? What does life look like when you get there? Once you have your goal, you want to make sure you remember it. Find ways to remind yourself of what you're doing and why. Read your goal out loud every day. Or try making a vision board so you have it right there in front of you.

Play

Everything feels blah if you've been lost in drudgery. When is the last time you just relaxed and played? Think about when you were back in elementary school. Remember recess? As kids, we looked forward to the reward of being able to go outside and do something enjoyable as a reward for all the hard work we'd done. But recess also served a different purpose. Play stimulates the mind and gets you ready for learning later. Without play, we grow weary and stagnant very quickly. Creativity crumbles and everything starts to weigh us down emotionally and physically. With this in mind, take a break to go play. Seriously. Go outside. Run. Jump. Make something. Play a game. Throw a ball for the dog. Do something, anything, that feels like fun for a while.

Pamper Yourself

Every day you need to take a little ‘you’ time. It doesn’t have to be a large block of time. Try a bubble bath or a few minutes with a good book. Call an old friend or have dinner with a special someone. Do something beautifully, wonderfully just for you. Momentum thrives in an atmosphere where you are relaxed and happy. Like play, you’ll find you’re much more productive when you’ve invested in yourself first.

Do Something Small

Even little tasks can have a big impact on momentum. The key is to do something which moves you forward. If you’re still feeling a little overwhelmed, make a habit of breaking up every task into the smallest components and focus on doing those one at a time. Keep your mind only on the task in front of you and don’t worry about the rest. All those little tasks will build your momentum back up in no time.

Create an Exit Strategy

We can be pretty hard on ourselves when we feel like we’re not making progress. The key here is to work out a strategy for failure. How do you want to tackle the inevitable setbacks? By making a plan, (for example, giving yourself one day to sulk before jumping back in) you’ll keep yourself from getting so sidetracked you lose all the momentum you’ve worked so hard to gain. Don’t be afraid to implement the plan when you need to.

Practice Gratitude

Momentum returns when you take the focus off yourself and put it on those around you. By making a practice of showing gratitude to your helpers along the way, you’ll find yourself relaxing more about your part in things. After all, your goal is not just about you. You have an entire team behind you, there to lend a hand where needed. Gratitude is especially nice as it



shows people you care, but it also subtly reminds you of the help you've had in the past. A win-win!

Work Somewhere Else

It's funny how momentum tends to thrive in new atmospheres. Grabbing your laptop and working outside on a beautiful day can turn out to be much more conducive to work than you'd imagine. Also, studies have shown that when you're switching things up, you also give your brain a jolt which translates to more creativity in the long run.

Learn

There's never a bad time for learning. This is especially true if you're stalling out due to a lack of knowledge. The wonderful thing? As soon as you know what you need to, you'll feel the momentum almost immediately as you put the new skills into practice.

Read

Like learning, reading is never a bad thing. Sometimes we read for knowledge, sometimes it's for a break. Either way, reading helps you step back. Now add in another idea: Read something motivational. Self-help books, blogs on leadership, and biographies on people who inspire you are all awesome ways to take reading to the next level and to build up enthusiasm for what you're doing.

Gather a Tribe

When stalled out, the best kind of help comes from your tribe. Tribes are groups of like-minded people who believe in both you and what you're doing. These are mentors, friends, confidantes, and people who are actively interested in your success. Your tribe becomes your encouragement, your motivation, and a fallback to carry you when you're feeling a little like you can't make it alone anymore. Sometimes momentum comes best in the company of others.

Drop Perfectionism

Stalling out because something is not ‘good enough’ is a fairly common problem. Getting over the idea you must make it perfect before you can declare it done is a trait worth working on. The phrase ‘good enough’ allows you to relax your standards, and by extension, drop a lot of the stress stalling you out so you can get moving again.



Sleep

It seems counterintuitive to get rest when you’re trying to build momentum. On the other hand, it’s impossible to get things done if you’re exhausted and struggling to keep your eyes open. Adjust your sleep schedule to optimize your good health and give you the energy to propel yourself forward. No time for a full 7 to 9 hours of sleep at night? Never underestimate the power of a nap. Twenty minutes of solid sleep is usually enough to recharge you for a few hours.

Exercise

Like sleep, exercise falls under the heading of things you do for yourself to give you the ability to be more productive later. Exercise is more than just good for your body though. It also gives your mind a much-needed break. Also, the act of exercising has been proven to improve creativity immediately afterward. If you combine exercise with learning new things, you’ll retain the information better so you can use it later. All of this will help you when it comes to building momentum back, especially if you feel like you haven’t been able to get your thoughts in order or if you’ve been stalling out because you haven’t been feeling at your peak.

What about the Competition?

Sometimes when you’re stuck, all you need is something to beat. Having something or someone to compete against renews passion and gives energy and enthusiasm to what you want to accomplish next. The easiest competition is yourself. Set a goal (use a timer) and see

PROPEL

how much you can get done in a certain period of time. Now see if you can beat that record. Want to up your game? Find like-minded people to compete against through networking.

Take a Vacation

In the end, if you're really stuck, it might be you need more than a nap or a walk around the block to energize body and mind. How about using some of your vacation time for a real rest. A weekend away in new surroundings can do wonders for productivity. Can't afford a trip? A staycation with no work allowed can be equally beneficial so long as you focus on rest and fun and can keep from getting caught up in a lot of 'shoulds,' such as home repair or decluttering.

Whew! This list should get you going again! The trick now? How to take the action you just propelled yourself into and turn it into genuine momentum of the lasting variety.

Keep It Going!



Hey, you've found momentum! Great job! Now let's see what we can do to keep it going.

Momentum is a funny thing when it comes to personal goals. As much as we've done a great job of propelling ourselves forward, it's not going to last. Even the hardest push will run out. Remember when we talked about the physics behind momentum? Our lives are full of friction, so it will naturally run out if you don't nudge it along from time to time.

In this chapter, we're going to explore some tips to maintain momentum once it's been built up. Ready? Let's begin:

Do the Small Stuff

Start by doing the things that have already been mentioned. This is one of those things which also works to keep the momentum going. By making a commitment to keep taking those small steps, you'll stay in motion. In fact, this is something that should become a habit. Thankfully this is fairly easy to do. Set your goal of 'doing one small thing,' then invest in a calendar so you can mark each day you accomplish the task. By putting a big 'x' on the calendar or using fun stickers, you can tell at a glance how you're doing. Even better, the visual reminder will work on your subconscious so that after a while, you'll hate to break the streak of success and will work just so you can put the mark on the calendar.

Celebrate

Every success needs to be met with an acknowledgment of some kind. Period. Celebrations are part of what keeps the energy up. This isn't to say you need to spend a fortune on rewards and prizes when you meet milestones but having a treat or reward system in place makes for a nice break in the day. Well done, you!

The Low Number Wins

When you make up your list of small tasks to do, it's easy to become overwhelmed by the numbers. Say you have 24 items on your list. Daunting, right? But you worked on things today and three of those items are done. What should you focus on? Always the lower number. "I did three things today," sounds so much better than, "I still have 21 things left to do." Now say you've been working all week on things. You've done 19 things. This is pretty cool, but again low number rules. "I only have 5 things left on my To-Do list!" Looking at numbers in a positive light helps you to keep momentum. It keeps you from feeling discouraged or overwhelmed and celebrates the progress you make when you're just starting.

Track Accomplishments

Speaking of getting things done, don't toss out those old To-Do lists once they're complete. Keep them around as a record of what you've accomplished, or better yet, start journaling your

PROPEL

progress. Being able to look back and see how far you've come also keeps the momentum going, especially if you start flagging because you feel like you're not making progress at all.

Check Your Goal

You need to remind yourself daily of what you're fighting for. This is one of those things you need to do when you are starting to build momentum, but you also need to continue reviewing your goals to keep the impetus going. By maintaining a vision of your goal in mind, you keep up your energy where you need it most.

Banish Energy Vampires

This is one of those things which takes constant attention to detail. We often stall out because our time is being stolen by those around us. Now some of this kind of distraction is good and even necessary. We love our families, for example, and want to give them some of our time. Date night and playing with the kids should always figure into your schedule. On the other hand, getting caught up in someone else's drama, allowing someone else to dump their project on you, or sucking you into a volunteer project you have no interest or stake in will drain your energy dry and keep you from being able to work on your own stuff. There comes a time when you need to start saying 'no.' If someone is especially toxic, you might even need to take further action by removing them from your circle of friends altogether. Momentum will flow if there are fewer barriers to work around.

Take Regular Breaks

Rest and relaxation are also important in the world of maintaining momentum. You don't want to let yourself get so tired you can't keep going. Regular sleep, time off for exercise, and the occasional break for something fun are absolutely necessary and should be part of your daily routine. Schedule in time for sleep and all these crucial aspects of life to keep your energy high and your progress assured.



Do Something Brave

You're going to have moments when you falter and start to fall. This especially happens if we're doing something new. The only way to combat this particular stall is very simple: Get used to doing new things until they're not so scary anymore. This can take many forms. Take on a new project at work you've never done before. Start that side-hustle you've been considering. Go home by a different way. By making adventure a daily part of your life, pretty soon new things won't bother you at all.

Mind Your Dollars and Cents

A lot of stalling out happens because you run out of funding. Daily attention to your budget will keep this from happening, ensuring you'll never lose momentum again for financial reasons.

Spend Time with the Tribe

To build momentum, we talked about the importance of having a tribe. You also want to make frequent use of them, especially when it comes to consulting with your mentors or receiving encouragement to continue. This kind of constant support keeps you from fading out because you're feeling isolated and alone. Your tribe also keeps you motivated when you're flagging and can offer advice when you start to get stuck.

Relax Your Grip

You'll stall out instantly if you try to force things to happen exactly how you envisioned them. By accepting that sometimes things might look a little different than planned or take an entirely different route to get there, you'll spend less time fighting the process and more time riding the forward momentum.

Know How to Face Challenges

Stuff is going to go wrong. Things will become more difficult along the way. Knowing in advance how you're going to deal with these things will keep you from losing momentum when they happen. What's your strategy? You might want to remind yourself that failure is a

steppingstone to greater things. Remind yourself why you're doing this. Do what you need to keep from letting these challenges get you down.



Keep Your Eye on the Next Thing

If the big goal is starting to look like it's too far away, narrow your focus a little. Instead of worrying about the grand design, hone in on the next thing you need to do. Sometimes tunnel vision will serve as a better way to keep you moving forward, especially when you're getting overwhelmed.

Talk to Others

Working on a project can feel a little lonely sometimes, especially if the goal is a personal one and doesn't actively involve other people. It's easy to stop cold if you start feeling like no one cares what you're doing. By sharing your story with others, you invite them to take part in your experience. Blog about what you're doing, share on social media, or talk to friends about your goals and plans—these can make you feel connected. As a note: take charge of who can respond to this information. You want to focus on receiving encouragement from people who are meaningful to you, not feed the trolls.

Use Your Schedule

Do you feel like you're running out of time? You might be if you're not using your calendar. Schedule time for your project on your calendar in advance, so you don't miss the opportunities.

Re-Commit

Every day you choose how you're going to spend your time. Every day you need to consciously decide to keep going. Yes, it can be just this simple.

Speak Up for Yourself

In the end, this is really up to you. Use positive self-talk, affirmations, mantras, and other means of positive reinforcement to keep yourself going. You need to hear from you in ways that build up your confidence and make you feel like you're doing the right thing. This also means dropping negative self-talk or harmful behaviors that only tear you down. You need you to be on your side in this enterprise. You can't maintain momentum if you're always fighting against yourself.

Conclusion

Now you've got it! You've discovered the importance of momentum. You propelled yourself into action. You've even kept the momentum going, harnessing it for your own needs. You're there...right?

Not quite. Much like any good shampoo, for best results you're going to want to lather, rinse and repeat. In short, you need to keep doing these things to maintain the momentum.

Before you panic, take this piece of knowledge as reassurance: once you've achieved momentum, it really does take very little to keep it going. You only need a little nudge from time to time when you see those danger flags, warning of an imminent stall out. When this happens, go back to your lists of things to do. Grab a few tips and work intentionally to keep on track. You'll rebuild momentum with nary a glitch to slow you down.

Congratulations! You are ready to propel yourself into the future, harnessing the power of momentum!