



PROPEL

WORKBOOK

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Living For The Better

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INTRODUCTION

Have you ever had a mountain of tasks to finish? A list so long that it actually frightens you a bit.

You start out with a simple task, then another, and you keep going. It's easy. Things are flowing. Things are clicking. You are checking things off your list one after another. You have MOMENTUM!

It's a wonderful feeling that just doesn't seem to happen enough for us.

What if you could harness this power and sustain it?

That's what this workbook is all about. It will help you learn about the Power of Momentum, and how you can use it to achieve the once unthinkable.

Keep reading to start your momentum now!

REFLECTION

If you want to be able to harness momentum, you need to look inward to start.

You need to figure out the things in life that make momentum easier, as well as the things that make it harder.

While reflection can be tough for some of us, the questions you need to ask yourself are quite simple. The tough part comes when you have to be totally honest with yourself.

Being as honest as possible – let's reflect a bit:

When Do You Feel Most Motivated or Energized?

What Time Do You Get Your Best Work Done?

What Activities Motivate or Excite You?

What Are Your Biggest Distractions?

What Saps Your Motivation/Energy?

What Have You Learned About Yourself?

This isn't a mission statement per se but try to sum the above thoughts into a single paragraph. If you are struggling to do that, think about using statements like:

- I get my best work done when
- I am prone to slacking off
- I struggle with distractions like
- I feel motivated when I am
- If I want to stay motivated and harness my momentum I should

START MOVING

Reflection is great because it helps you learn from your past, while it opens your mind to the concept of Momentum. No amount of reflection can beat taking action though.

The most important step to creating momentum, is to start moving. When it comes to your goals and your life, that means taking action.

If you got nervous thinking about that, relax. You don't have to take some huge earth-shattering action. The smallest step sometimes ends up making the biggest noise.

In this section you will have to think about some goals or projects you have. Write them down, but also write down the single most simple step you could take towards them. The idea is to choose a task you could easily do right now. We will include an example below.

We left space for ten but fill out as many as you are comfortable with. It's good to get a mix of different areas of your life (e.g. financial vs. relationship) as well as some variety between long and short-term goals.

<p>Goal/Project:</p> <p>I have a presentation due for work at end of month.</p>
<p>One Step I Can Take Right Now:</p> <p>I can brainstorm a list of potential talking points.</p>

Goal/Project:

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YOUR ROAD MAP

You might not have realized it, but simply filling out the last section has already got your momentum bubbling.

Even better – you actually now have a roadmap to follow. You simply have to take the steps you listed above. Write down each of the steps below. You can rank them in importance if you want but these steps should be so quick it probably doesn't matter.

	Simple Steps To Take

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SUSTAINING MOMENTUM

You have a list of around ten steps you can take right now. Easy steps that you can accomplish with minimum effort. This is the perfect way to start your momentum, but the goal is to sustain it as well.

Think about one of your goals you just took a step for and break down the next five steps this time. You will eventually work through all of your goals but focusing on one at a time makes sustaining your momentum and motivation easier.

Your Goal:	
Step 1	
Step 2	
Step 3	
Step 4	
Step 5	

Since these 5 steps will be much more significant and take more effort, it is a good idea to think of a reward when you reach them. Rewards help keep you on track and reward yourself for the journey as much as the end goal.

My Reward:

CONCLUSION

Momentum is only powerful if you sustain it.

Once you complete the last section, do it again! Focus on the same goal if you haven't reached it, and if you have swap in a new goal!

Now that you have finished this book, you have a better idea of what motivates you to take action. You also have a list of goals and simple steps you can take.

Lastly, you have a repeatable process that will help you truly harness the power of momentum.

If all else fails and your momentum wanes, you just need to start the ball rolling.