

living with
Momentum



SIMPLE QUICK START

Guide to

LIVING WITH MOMENTUM

Right Now!

WHY?

No amount of effort or dedication will sustain you for long if you don't have a firm 'Why' for choosing to live with momentum. The emotion and excitement of starting fresh, of finding a new way of living or of feeling empowered will fade and you will be left with that same old empty feeling of failure and worthlessness—**because your Why wasn't big enough.**

When you get married or commit to a fantastic job, do you believe that the road will always be smooth sailing? When the glow or the newness fade into daily monotony, what keeps you sticking with your decision to marry that person or take that job? Traditionally, it was the idea that there was no way out, so you may as well make the best of it. Perhaps that is an old-fashioned idea by some standards, but it is the only one that works with personal growth.

If it is only so you can have a clean house or a bigger bank account, you will be dissatisfied with the results and eventually abandon the project because the house will never be clean enough, nor the account full enough.

If, however, you have decided to become all you were created to be and **to live for what God has designed for you** from this moment forward, then you will succeed! If your 'why' is for you to be a better servant or a better leader, or a better spouse, or a better teacher then you will succeed!

Living with Momentum answers the question of "Why?" with **"Because I was made for more and made to be more than I am right now and I want to see what that looks like."**

Why are **you** committing to Living with Momentum?

Daily Momentum

- Set aside some time in the morning to **plan your day/week in your planner**
(or on the week page attached)
- Spend a few minutes **praying** to understand what is necessary for that day
- Using the attached **Daily Intent & Review template**, ask yourself: “What will I do today to make life better for myself, my loved ones and my community?” Take the time to write it down so you can track your progress.
- Keep a **task list** of everything that needs to be done. Focus on Important and Urgent
(use a single list for this; do not start lists all over the house. If you are using a yellow notepad, stick with only that. Use the attached Task Lists and print in multiples front and back if you want to make your own Task Pads)
- Using the week template attached or your own planner, to add in tasks from your list.
Pick the 3 Top Priorities for each day. If you don't complete one day, move to the next, as a Top 3 Priority.
- Focus on getting the **3 Priorities** knocked out every day.
- End of the Day **Review** *(using the same attached Daily Intent & Review Template)*
- Commit to doing and being even better tomorrow and enjoy your successes!

You are well on your way to Living with Momentum!

NOTE: You can slide this sheet into a page protector so you can check off with a vis-à-vis or dry erase marker and reuse each day.

Everyday Tips for Living with Momentum

- Make prayer time and preparation time alone be a priority every day
- 15 Minute Momentum:** Set a timer for 15 minutes and grab a task and get it done. There is never a perfect time.
- Stop adding** additional obligations and activities until you can get a grip on your time. Get comfortable saying 'NO' and be ok with it.
- Stop wishing** for 'someday.' Start right now, with the tools you have and the circumstances of your life and vocation.
- If possible, **get rid of things** as soon as they are unserviceable, not leaving them to a future day of repair.
- Stop spending money** you don't have.
- Save some money** for a rainy day to lessen "financial crises."
- Act positive** until you feel positive.
- Turn off the television** and use that time to get yourself back on track.
- When you feel down, **do something for someone else.**
- Give of yourself.
- Plan ahead** and stop creating time emergencies. Your lack of planning should not be an emergency for others.
- Set aside time to task, plan and then act.
- There is no time like the present! Stop procrastinating!! Just do it.**

Daily Intent & Review

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
intent What will I do today to improve myself, my life and the lives of those around me?						
review What did I do today to improve myself and benefit others? How can I do better tomorrow?						

ZONE : _____

MONTH: _____

	SUNDAY <input type="checkbox"/>	MONDAY <input type="checkbox"/>	TUESDAY <input type="checkbox"/>	WEDNESDAY <input type="checkbox"/>	THURSDAY <input type="checkbox"/>	FRIDAY <input type="checkbox"/>	SATURDAY <input type="checkbox"/>
PRIORITIES	1	1	1	1	1	1	1
	2	2	2	2	2	2	2
	3	3	3	3	3	3	3
MORNING							
AFTERNOON							
EVENING							
DINNER							

