

Week 51 Focus — Momentum

Focus Question: What is the momentum you are creating in your business right now? What's become easier as you moved throughout the year?

DESCRIPTION

Over the last 51 weeks, we've covered a range of topics – from onboarding and team development, to growing your relationships. Each week I have also encouraged you to undertake some consistent action on your work/business. My guess is this has supported you in creating some momentum in areas which were not present before.

Momentum is a scientific term. It has the following definitions in the Oxford Dictionary:

1. the quantity of motion of a moving body, measured as a product of its mass and velocity.
2. the impetus gained by a moving object.

One of the key premises in the Coaching Business Builder and PlanDoTrack is that consistent action, and daily steps will add up and create momentum. These, coupled with the experiments you may undertake, are key to generating its own energy.

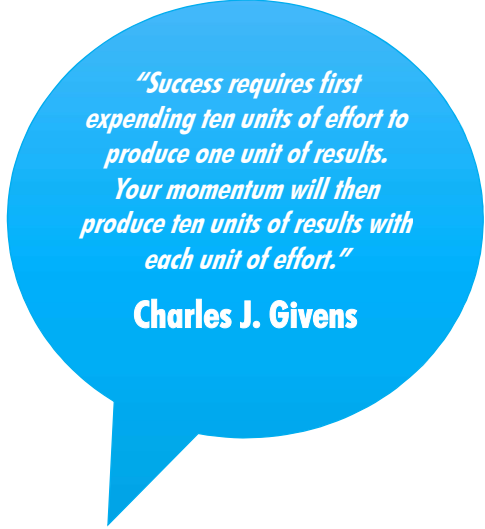
ACTIVITY

Consider the area(s) you have created momentum in. What has helped you pick up speed? What do you notice about momentum at different times of the year?

CONNECTION TO THE WORKBOOK AND PLANNER

Look back at the daily actions you have been taking in key activities? What do you notice?

As you think about your key goals for the end of next year, are there some new daily steps or consistent actions you want to commit to?



"Success requires first expending ten units of effort to produce one unit of results. Your momentum will then produce ten units of results with each unit of effort."

Charles J. Givens