HARNESS MOMENTUM AND MOTIVATION

Harness your motivation and reach your goals by taking the following steps.

Step 1

STOP OVERANALYZING

Stop overanalyzing your project or task and simply start it. Having a plan can be beneficial, but planning can be a time-trap. If you need to spend time planning, give yourself a time limit and stick to it. Start the task or project as quickly as possible to harness momentum and motivation.

What task or project will you focus on to completion?

Step 2

STAY WITH IT

With many tasks and projects, you will likely reach a moment when you just want to stop. The more often you give into the impulse to stop, the easier it becomes to lose motivation and momentum. **Set the intention to stay with your task or project until it is 100% complete.** Tell someone else about your intention so that you have a sense of external accountability. Make an agreement to check in with your accountability partner as soon as you have finished the task or project.

Who will be your accountability partner?

Step 3

STOP COMPLETELY

Once you've completed your goal, take a break. Reward yourself. The idea here is to recharge and you can't do that unless you give yourself permission to completely stop. Don't forget to check in with your accountability partner.

How will you reward yourself for completing your task or project?

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