

Growth Planning Life-Skill #10

BEING ABLE TO MAINTAIN STEP-BY-STEP MOMENTUM
TOWARD OUR VISION & GOALS

- ▶ Like the mouse, we often get boxed in by our problems and lose sight of our future vision – *our cheese.* ”
- ▶ But, by keeping an optimistic & positive mindset ... and “our eyes on the prize”, we CAN get out of our maze and begin moving toward our vision and goals.



- ▶ It all begins, however, by taking THE FIRST BIG STEP; then continues step-by-step ... and *never stopping!!*
- ▶ WHY IS MAINTAINING MOMENTUM SO CRITICAL? Because without it, our vision will die of inertia, as we learn from physics:



➤ INERTIA: The tendency of a body at rest to stay at rest.

➤ MOMENTUM: The tendency of a body in forward motion to stay in motion.

- ▶ **When have you felt real momentum towards something you really wanted to make happen in your life ?**

GROWTH PLANNING LIFE-SKILL #10 ANALYSIS & MEASUREMENT FORM
Being Able To Maintain Step-By-Step Momentum
Toward Our Vision & Goals

List 2 **PAST** situations when you (or someone you know) did use this Life-Skill?

1) _____

2) _____

List 2 **FUTURE** situations when you (or others you know) could use this Life-Skill?

1) _____

2) _____

To what extent are you demonstrating this Life-Skill in your everyday life **RIGHT NOW?**

I AM NOT	[circle one number]	I AM
Demonstrating This Life-Skill Now In My Everyday Life	←————→	Demonstrating This Life-Skill Now In My Everyday Life
0	1	2
3	4	5
6	7	8
9	10	