

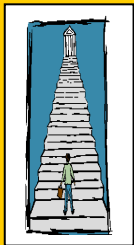
Growth Planning Life-Skill #10

BEING ABLE TO MAINTAIN STEP-BY-STEP MOMENTUM
TOWARD ACHIEVING MY 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 by taking **THE FIRST BIG STEP**; then continues step-by-step ... and *never, never stopping!!*
- ▶ WHY IS MAINTAINING MOMENTUM SO CRITICAL?



Because without it, our vision will die of inertia, as we learn from the study of 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 Achieving My Vision & Goals

List 2 <u>PAST</u> situations when you (or someone you know) <u>did</u> use this Life-Skill?	1) _____ ----- 2) _____
List 2 <u>FUTURE</u> situations when you (or others you know) <u>could</u> use this Life-Skill?	1) _____ ----- 2) _____
To what extent are you demonstrating this Life-Skill in your everyday life <u>RIGHT NOW</u> ?	<p style="text-align: center;">[circle one number]</p> <p style="text-align: center;"> I AM NOT ←————→ I AM Demonstrating This Demonstrating This Life-Skill Now Life-Skill Now In My Everyday Life In My Everyday Life </p> <p style="text-align: center;">0 1 2 3 4 5 6 7 8 9 10</p>