

Episode 17 – Harness the Power of Momentum

There are no limits to what you can achieve if you stay focused on what you are trying to achieve. You need to believe the impossible is possible for you. Your results may be better than you expect. Success has no guarantees; each action you take starts creating a momentum. If you stop taking action, you stop the momentum.

“Always work hard. Intensity clarifies. It creates not only momentum, but also the pressure you need to feel either friction, or fulfillment.”

— Marcus Buckingham

During my coaching program, we learned about Creative Tension – It moves us to take action. It helps us get out of our comfort zone and stretch us. Challenge us.

Why do we need it? What does it do?

Momentum helps us:

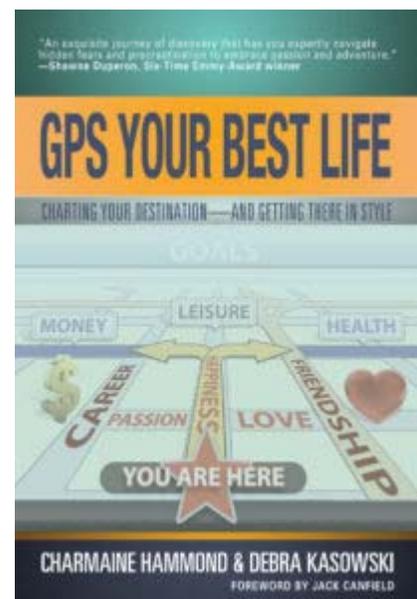
- **Push through and overcome obstacles.** You may have heard about runners or even swimmer pushing through a certain distance to push forward what they may not have thought possible exclaiming, “What else can I do? What else can I do?” What else is possible for you?
- **Increase your motivation and confidence in your abilities.** It helps you to try new things!

You are responsible for creating it through consistent actions. A rapid succession of successes and lessons drives momentum. Energy increases; it will be natural for others to want to follow you. You will become magnetic. You will start to inspire others around you.

Momentum is ignited when you have a clear vision – **you know what you want to achieve, you are able to articulate and share your vision, and you can enroll others in your vision.**

Do you want to get more clarity? Read my book GPS Your Best Life

Believe in your ability to make things happen. Your confidence, energy, and enthusiasm will excite others around you.



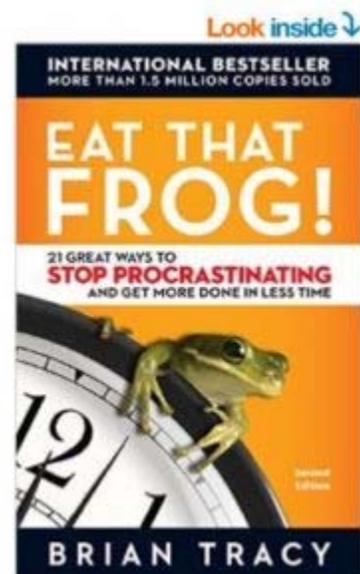
You are probably thinking to yourself – but how do I create a momentum – especially when times are tough or you are feeling challenged more than you think you can handle.

I want to share with you some of the ways that have worked for me and some of the clients I have worked with.

- **Challenge yourself** – Be committed to continuous learning, stay curious and have a learner mindset. Try new things regularly.
- **Make a rule to quit complaining, blaming, and stop making excuses.** You either get results or excuses.
- **Reduce your distractions.** Declutter your space or your email. Clear whatever is in your way.
- **Be grateful for what you have;** the more you will have to be grateful for.
- **Celebrate your successes** – little things lead to big things! It will drive you to take more action. Breathe in and acknowledge the successes before moving on to the next thing.
- **Deliver value and look for ways to exceed expectations.** You will generate excitement in others and they will be grateful and share their experience with you – with others.
- **Do your least favorite activity first – EAT THAT FROG** – Brain Tracy

Everything will move so much quicker with the momentum.

- **Set Milestones – You create anticipation. You may even meet goals quicker.**
- **Measure your outcomes** – what gets measured gets managed.
- **Fake it until you make it** – take the actions you need to get to where you want to go. Who is a leader you admire? How can emulate some of the actions that they have taken to achieve success – do your homework. If you want to be a great leader, start being one now.
- **Make a plan** – Work the plan. Otherwise, you will be chasing butterflies. Do you due diligence and your resources.
- **Don't forget to dream** – Sometimes when people are too realistic to the bone, it drags people down. Dreams can propel you further rather than looking at your current circumstances.
- **Follow up with people** you have met at events or make inquiries – you will be surprised when you connect with others. Their energy rises and people take an interest in what you are doing.





What happens when you stop running on a treadmill or riding a bike?

You stop moving – you fall off.

Worry and doubt can paralyze you from taking forward action. They drain your energy. Challenge yourself – test your theories. Ask questions. Gain knowledge – but don't stop unless you know you are in danger.

No one is going to jail or getting hurt or killed in the process chances are whatever happens you can course correct.

We all start somewhere. There have been many successful people who did not start with any resources – no network of people, no money, no knowledge, did not know English or a language of the place they settled in. They built it and so can you.

“Always do your best. What you plant now, you will harvest later.” – Og Mandino

Success is not about how many resources you have; it is about being resourceful and leveraging your resources in the most effective way. Focus on taking action and over time a compound effect will occur. If you are focused only on short-term activities to get immediate results, you will lose momentum quickly especially if you do not set a new target that stretched you.

Your efforts make a difference in how you feel about your progress and what you are going to achieve.

Let your efforts multiply!

Success comes from taking the initiative and following up...persisting...eloquently expressing the depth of your love. What simple

action could you take today to produce a new momentum toward success in your life?

— Tony Robbins

You need to continually set new challenges to learn and grow. Acknowledge how far you have come. Reflect on what you can do better and work to improve.

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