

# 7 Quick Things You Can do Today to Build Momentum

You're on the way! You have a goal in mind, you're working hard to get there. It might be you're after something personal. It might be you're concentrating solely on your career right now. Whatever it is you want, you're hungry for it. You can't wait to see the culmination of all this hard work.

...only everything seems to be moving so slow...

What you're lacking is momentum. Momentum is what pushes you into action. It speeds you up as you work the steps and keeps you going.

So, what do you do when momentum is lagging? Easy. You find ways to build it. Try these quick tips guaranteed to make things happen:

## **Visualize the Future**

Take some time to consider where you'll be in six months. What about next year or the next five years? Seeing yourself in the future is a really positive way to keep your momentum going. If you can get excited about the you of tomorrow, you'll find yourself fighting to become that person right now.

## **Get Up and Do Something**

It's so easy to grow stagnant. Rather than binge-watch the latest Netflix sitcom, how about getting up to create some mischief of your own? Go play a game, take a walk, spend time with friends. Do inspirational things to fill you with enthusiasm.

## **Learn Stuff**

An active mind is a creative mind. The act of learning, even in small increments

such as 10-15 minutes a day, will still improve cognitive function. In short, by keeping your mind active, you will pick up momentum.

### **Act When You Don't Feel Like It**

If you're waiting for the muse to strike, stop. There will never be a perfect time to work. Momentum means keeping going, even when you don't feel like it.

### **Put Your Phone Away**

Giving yourself the gift of uninterrupted time does wonders for momentum. By turning off your phone for an hour, you'll give yourself the freedom to relax, recharge, explore, and forge ahead.

### **Quit**

When it comes to momentum, if you've found you're slowing down, it might be because what you're doing just doesn't work. In this case, sometimes the smartest thing to do is to stop. Don't waste time beating your head against a wall when you could be making progress elsewhere.

### **Do Something Scary**

It's the challenge that pushes you to new limits. When you do what's easy, momentum lags. This is why it's so important to challenge yourself to do the things you never thought you would.

Remember, whatever you can find to help keep the momentum going, embrace! If affirmations help, post a bunch of them everywhere. Put on music to get you moving. Create a social life around people who support you wholeheartedly. You're the one in charge of your destiny, it's up to you to act.