

# LESSON FIVE

## *The Momentum Principle*

Congrats! You've made it to the 5th and final day of the course!

While this mini-course has been relatively short and to the point, I'm sure you would agree that the positive impacts will be life-changing.

Here's the thing...

On **Day 2**, you took the time to really think about your life and what you **REALLY** wanted in the most important areas.

Do you remember the excitement you felt as you pictured yourself experiencing all of your highest goals and achievements? I'm sure it was fun! And guess what, it doesn't have to be an image you just thought of in your head. With commitment and the time to put in the work... you can make those images your reality!

As you know, many of those results will not happen by chance. They will only happen as a result of you taking focused, consistent action on a daily basis.

In essence, you'll have to create new habits or

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better yet, “**success habits**”.

The thing with habits is they take a bit of effort to create. But building a positive habit can actually be a lot easier than many people realize.

On this 5th and final day, I will walk you through a short lesson and exercise that will help you implement new positive and powerful habits into your life faster than ever before.

You made it to the final day of the course!! So far, I hope you’ve had some ‘aha’ moments and discovered some things about yourself you hadn’t previously known. Today, for our final lesson, we’re going to be discussing momentum. Momentum is a powerful force in nature. You see it manifested in both positive and negative ways. You can use the law of momentum to either hold you back **or** to propel you in the direction of your goals.

Your assignment today is to choose one very small habit you can introduce to your life, beginning today and execute for the next 3 days (we’re taking baby steps here). If you do this, you have the beginnings of a powerful “momentum” force working in **your favor!** You can use

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this towards your “**Action Step**” for your circled “**Area of Life**” from the assignment from Day 3 in this course. For example: If you circled “**Health**” for your assignment on Day 3, you can commit to stand up and stretch every hour on the hour (set the alarm on your phone to remind you). As you can see, it doesn’t have to be anything big. Besides, sitting for an extended period is bad for your body and brain. See... what you’re doing is forming a new habit and you’re improving your health... **winning!** Now, this is only an example, you can choose whatever habit you’d like. The goal here is to choose and **complete** a habit. ☺

The example above shows you how you can make yourself aware of momentum and your desire to implement the habit of stretching by **using the momentum principle**. Just by that simple act, you are 90% of the way there!

Once you’ve committed to the habit for the 3-day window, you obviously must keep it going... **but you already know that.**

Your job now is to observe how your perceptions change during these 3 days. You are deliberately observing a change in behavior based on a habit you have **chosen to create.**

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The final step is to use your notebook to prioritize all the changes you intend to make in your life. Then, start with a **single** habit and put the momentum principle into play. **After the three days, write down how the momentum principle impacted you. I've listed some examples for you after the assignment below.**

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**Choose One Small Habit Change That Can Help You Reach Your Goals:**

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**Now that you've completed your 3 days, do it another 3 days, and so on and so on.... You'll find that you'll want to continue doing your new habit.**

**After Committing to That Change for 3-Days, Reflect on How It Has Impacted You:**

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Use this process over and over again (to address each area of your life you want to improve) to grow and evolve into the person you truly want to be, so you can start getting your desired results and start living your best life!! This is a good time to meditate on **Philippians 2:13; 4:13 and 1 John 4:4.**

As an extra bonus, I've created a Cheat Sheet from the challenge, for you to refer back to when needed. **I've also listed below some examples of small habits you can easily incorporate into your life to get you started.** Keep in mind, these are easy simple habits, however, you can make your habits as complex as you want to. But my suggestion is to keep them as easy and simple as possible, because simple habits are easier to maintain. After doing a simple habit consistently for a while, then you can make your next habit a little harder. Before you know it, you'll be a "**success habit**" committing guru!

\***Health** – If you're trying to improve your health, start by drinking a glass of water first thing in the morning. A good way to remember this is to fill a glass with ice and put it on your nightstand. By the morning it will have melted and will be waiting for you to chug-a-lug. 😊

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**\*Relationships** – Call, text, or email one friend or family member a day (put a reminder on your phone or calendar). With our busy lives, time flies, and it's easy to forget to keep in touch (even with those in our lives we cherish).

**\*Finances** – Take some money (even if it's \$1 or \$5) and set it aside every day. At the end of 30 days, put it in an account. You can increase your amount until you've reached your goal

**\*Career** – Take 5 minutes a day to write down and implement simple steps you can take to get you to your career goal. For example... (inquiring about a college course to brush up on your skills or revamping your resume). Peruse websites like [eDX](#), which offers **free** courses from some of the nation's and world's top colleges and universities. They offer a wide arrangement of courses in various fields.

**\*Spiritual Life/Passion** – At the end or beginning of your day, journal and reflect on what you are thankful for, for that day. Or start off small by finding a short daily Bible plan (you can easily follow) using an app like YouVersion. I like YouVersion as you can find Bible plans based on topics.

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**\*Passion** - Take a few minutes each day to intentionally research something you love doing. For example, if you like baking, find a new recipe or make up your own, to one day possibly turn into a recipe book.

GREAT JOB! Pat yourself on the back for completing this mini-course! Some of you may not have completed it, but I encourage you to follow through. Take baby steps if you need to. Remember, the objective here is to **take steps** and keep moving forward!

If you enjoyed this mini-course and would like to go deeper and take this further (and work with me), you can get more info [here](#). Also, as a bonus, I've created a freebie (a 'Cheat Sheet') from the course, which you can use to refer back to when needed. You can access it at the bottom of the course download page on my site. Or, if you're viewing this on my Membership Site, it will be in the next module.

**Thanks again for taking the course!! Wishing you much success on your journey to getting the results you want! Stay blessed!!**