

Exercise: Building Unstoppable Momentum

(Source: *Expanding the Glimpse Audio Program produced by Matthews Performance Group*)

You can **build and keep unstoppable momentum** by launching everyday with a check in with what is already aligned for success and what need to be adjusted. Just like a chiropractor adjusts your spine for health, you have the **ability and the responsibility to adjust your attitude, strength, expectations** and your **physical, emotional, intellectual** and even **spiritual body**.

Here is how this works. Take a few minutes right now to rate yourself in each of the following areas. Be completely honest and objective. This is not about recognizing how you **SHOULD feel**, but how you **ACTUALLY feel!**

You'll rate yourself using a scale of 1 to 10 with **1** being "I am completely out of the game" and **10** being "I am ready to dominate today!"

<u>Rating</u>	<u>Personal Momentum Power Magnifier</u>
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| _____ | I know exactly what to do today to make this an extraordinary day . (Example: If you are in sales, are you crystal clear about who you are going to call, how much time you are going to spend prospecting, how much time in follow up, what improvements in your processes you are committed to initiate?) |
| _____ | I have a positive, proactive , kick ass attitude |
| _____ | I feel strong and full of ENERGY (physical) |
| _____ | I am rested, nourished and hydrated |
| _____ | My emotional state is aligned to support my mission . My primary emotion right now is _____. |
| _____ | I feel mentally sharp, intense, determined and FOCUSED . |
| _____ | I worked out this morning or last night. |
| _____ | What is on my " To-Do " list aligns with my long term goals . |
| _____ | I have proactively scheduled , blocked out and sequenced the day ahead effectively . |
| _____ | I feel connected , protected, guided and loved. |
| _____ | I am excited, motivated and inspired and can feel my momentum building right now. |
| _____ | I am willing this day to do what other people won't do because doing what others won't is what separates the best (me) from the rest! |
| _____ | I am driven by a sense of POSITIVE EXPECTANCY and trust that things will go my way and people will pull through for me. |
| _____ | Today is a great day and I will make it OUTSTANDING! |

RESULTS