



5-Step Momentum Checklist

Use this checklist to turn awareness into weekly momentum

- Keep it simple. Done > perfect.
 - Save as PDF and share with clients or prospects.
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1) Pick one 7-day "goal within the goal"

- Write the big goal:
- This week's smaller version (clear, doable in < 30 min total):
- Why this matters to me (1 sentence):

2) Schedule a 10-minute starter block

- Exact day + time:
- Start trigger (When I , **I will** for 10 min):
- First tiny action I'll do in minute 1:

3) Plan for the most likely obstacle (IF-THEN)

- Likely obstacle:
- IF that happens, THEN I will (2–5 min fallback):

4) Choose supportive accountability (pick one)

- ☐ Light check-in (one text mid-week)
- ☐ Post-session reflection form
- ☐ Mid-week nudge

- ☐ Peer buddy
- ☐ Environment cue (lay gear out, calendar alert, sticky note)
 - What did I choose? Who/what will support me?

5) Friday reflection

- What did I complete or learn?
 - What surprised me?
 - What will I keep / tweak next week?
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Acknowledgement lines

- "I acknowledge the way I ***this week, which shows*** matters to me."
 - "What I did—even small—proves I can create momentum."
 - "I invested 10 minutes and it shifted my week."
 - "I can't take that on right now."
 - "I hear you. My answer stays the same."
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Next step

Want help mapping your next 7 days? [Book a Momentum Call.](#)