



5 KEYS TO UNSTOPPABLE MOMENTUM

These 5 Keys to Unstoppable Momentum will help you break through your fears and take massive action toward reaching your goal and fulfilling your purpose.

Key 1: Feed & Strengthen Your Mind Every Day

What positive resources can you think of to start strengthening your mind? And what's the first thing you're going to read today for 30 minutes to feed your mind?

Jim Rohn said, "Stand guard at the door of your mind." What kinds of things are shaping your mind right now? Are there any that you need to eliminate?

Key 2: Feed & Strengthen Your Body Every Day

What are two things you can do to feed and strengthen your body every day?

How will you create physical strength in your body at least three days a week?

Key 3: Role Models & Mentors

What three areas are you committed to mastering?

List two or three people who could be a good role model for you in each of these areas. Remember, you're looking for someone who's already created the success you want to experience.

Key 4: Leverage the Power of Proximity

Look up at the areas you want to master. Name one massive action you can take in each area to leverage those around you.

Key 5: Take Massive Action

Now that you've finished this training, what are two massive actions you can take to start gaining momentum?

Is there an area in which you need to change your current approach?