

# What builds momentum?

Hello and welcome to this edition of your Weekly Winning Resource all about the word momentum. Momentum is what will help you keep pressing forward towards your goals and dreams no matter what. Momentum is not a strategy; it is intense hard workday in and day out. It's taking the action towards the next right step even when you don't feel like it. We all have goals, and we all have things we want to accomplish. The problem is wanting something is not enough. Until you find the motivation to act and work at keeping the momentum going once you do act, you will not achieve what you desire. Momentum is fueled by hard-fought victories that lead to bigger battles and bigger wins just like Shaun King says. The energy to keep pressing forward builds off of each little success. Momentum begets momentum.

## Your Weekly Winning Word:

### **Momentum**

*Increasing forward motion.*

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## Your Weekly Winning Article:

The problem with momentum is that it's easy to lose. If you're not intentional about taking the next step, you can find yourself at a standstill or even worse, going backwards and losing what you've gained. So, how do you keep the momentum going on the hard days or when you're just feeling stuck? In our article we share how you can keep pressing forward towards your goal. Check it out here:

[Click Here to Read](#)

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## Your Weekly Winning Challenge:

To build momentum and keep pressing forward towards your goal, you need clarity. Your challenge this week is to answer these three questions and consider your answers.

1. What is your biggest dream?
  2. Who is your role model?
  3. What is your next right step?
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## Your Weekly Winning Quote:

*“Momentum begets momentum, and the best way to start is to start.” ~Gil Penchina*

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## **A coach can help you build momentum**

and Increase your odds of achieving what you desire. Join in for a complementary group coaching session any Monday at 1:30 pm CST with Kim. Come and see for yourself the difference it could make. The Zoom link to attend is: <https://us02web.zoom.us/j/83584618429> and the passcode is: **743243**

**Learn more about our coaching options at:**

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