



## **Creating Momentum - A Principle of Success**

Integrating success principles in your life and work assists you to achieve your goals, develop excellence and make a positive contribution to society.

One success principle is creating momentum. Momentum is 'the ability to go forward' to achieve a goal successfully. This article describes three ways to create positive momentum. These are:

- Creating consistency
- Cultivating an openness to new ideas
- Developing skills and knowledge

Taking consistent actions is an essential way to create momentum. You can create consistency by developing regularity in the way you achieve a goal. For example, taking at least one action a day helps you to create consistency and momentum.

Cultivating an openness to new ideas also creates momentum. This can come from sharing a project and goal with people who can assist you to create success. Their suggestions help you to expand your thinking. Creativity comes naturally when you are open to new ideas.

Developing skill and knowledge gives you a depth of understanding about the goal you are achieving. It refines the way you think about the goal and your actions to achieve it. Consistent time for study, research and training helps you to develop excellence and enhances your ability to achieve a goal successfully.

These three skills help you create positive momentum for achieving goals successfully. Here is an Exercise to assist you.

### **90-Day Exercise For Creating Momentum and Success**

1. Write down a goal you would like to achieve.

2. Write a Goal Statement. This is a Statement about the goal as if you have already achieved it successfully. It can be a sentence or a paragraph. Here is an example.

*We provide computer consulting services for families in our community. Our yearly subscription service enables them to receive high-quality, personal service. The families in our program are more productive because of the consistent, excellent service we provide all year long.*

3. Make a list of the actions you will take to achieve this goal within 90 days.

When you require more time, create a milestone towards the goal which you can achieve within 90 days.

4. Take at least one action each day to achieve this goal.
5. Every 30 days, look at your results and the actions you are taking to achieve them. Refine your actions when this assists you to accomplish the goal.
6. During this time, talk about the goal with those who have the knowledge to assist you. Listen to their ideas and refine your goals and actions when this assists you to go forward successfully.
7. Also, during this time, continue to develop your skills and knowledge in the field related to the goal you are achieving.
8. After 90 days, look at all of your results. Work with the same goal or choose another for the next 90 days. Continue to work with these three ways to create momentum and/or other ways which assist you to create success.

Creating momentum is a foundational skill for achieving your goals. The three ways to create momentum, as described in this article - developing consistency, creating an openness to new ideas and developing skill and knowledge - enable you to create new possibilities in your life and work and contribute to people in positive ways.

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