



Three Ways To Create Momentum And Success

Momentum is the ability to 'move forward'. It is one of the most essential skills to develop for achieving success.

In our work, we find that when our clients create momentum, they develop a greater ability to achieve their goals. This article shares three ways to help you create momentum and success.

The these three ways are:

- Develop consistency
- Review and revise your goals and actions regularly
- Create positive relationships

Here is a description of each of these three ways to create momentum and success.

1. Develop Consistency

In my organizational practice, I meet professionals who have achieved a high level of expertise in their field and have not developed consistency in the way they achieve their goals. The ability to create consistency through regular actions towards your goals increases your ability to create success.

It is often a good idea to take at least one action a day for an essential goal. This is easier for the goals of staff and team members than it is for a group. Groups may be working together on a project only once a week or month.

One way for a group to develop greater consistency is to develop a method for following up on the individual and collective work of their team and staff members regularly.

2. Review and revise your goals and actions regularly.

Reviewing and revising your goals and actions regularly assists you to develop consistency, momentum and success.

One way to review and revise your goals and actions is to have a yearly plan for your projects and goals. Working with the plan through the year and having regular times to revise your goals enable you to create momentum and success in your work.

In our work, we developed a yearly method for projects and goals. Reviewing and revising your goals and actions is a part of this method.

3. Create Positive Relationships.

Positive relationships are also essential in creating momentum and success. Positive, successful relationships bring new ideas, resources and support which help your teams and staff to achieve their goals in innovative and successful ways.

For example, a team or staff member can bring additional knowledge which catapults your work to a new level.

Here is an Exercise which assists you to create momentum for a project or goal and develop one of these three ways to assist you.

Creating Momentum and Success Exercise

1. Choose a goal you would like to achieve within the next 90 days. This can be a milestone towards a goal or the goal itself.
2. Write a Positive Goal Statement. This is Statement about the goal as if you have already achieved it successfully.

Here is an example of the goal of a team for successful teamwork.

We are developing successful teamwork for our projects. We are creating positive relationships among ourselves and with other teams and staff members. One of the areas of this work is to develop our listening skills. This builds trust, appreciation and respect and the ability to create new levels of success in our work.

3. Write down the actions you will take during the next 90 days to achieve this goal.

4. Choose one of the three ways described above to assist you to accomplish this goal.
5. List the actions you will take within the next 90 days to develop this skill.
6. Add these actions to your list of actions for the goal.
7. Take at least one action each day to achieve the goal and one action to strengthen the skill you are developing to assist you.
8. Each week, look at your results. Revise your actions when this assists you to accomplish the goal successfully.
9. Every 30 days, take an in-depth look at your results. Revise your actions when this assists you to go forward.
10. At 90 days, decide to continue to work with the same goal and method or choose another goal and one of these methods to assist you to achieve momentum and success.

Creating momentum is one of the most essential skills for achieving your goals and developing success in your work. Developing momentum helps you to create ongoing success. It brings new ideas and creativity to your work. Working with the skills described in this article enhances your ability to create momentum and to expand your work in new ways.

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