

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Ten Tips for Creating Positive Momentum

By Rich Fettke

Ten Tips for Creating Positive Momentum by Rich Fettke

There is positive momentum and negative momentum. Are you moving toward what you want...or away from it? Here are ten ideas (or reminders) that can help you create and maintain momentum towards what really matters.

1. Take some time to clarify your desired future outcome. Success is seeing what you want and moving toward what you see. What is important to you? Who are you becoming? How will your intention contribute to others?
2. Use visual reminders of your intention. Get some magazines and cut out pictures and words related to your goal. Put them where you'll see them on a regular basis, like on your bathroom mirror, in your wallet, next to your computer screen, or on a poster board.
3. Set clear goals with clear timelines. Write down what the goal is, how you will know when you have achieved it, and a date when you will have achieved it.
4. Be action-oriented. When an opportunity presents itself that fits with your vision, respond to it immediately.
5. Ask yourself, "How much and what kind of fun will I have with this project?" This will help raise your energy. If you're dreading the process there's a good chance your momentum is going to get stifled.
6. Fill your mind with inspiration. Read books, listen to audio programs, and watch videos that educate, uplift and inspire you. Go to seminars and attend conventions related to your goal. Read about and learn about people who have done what you want to do.
7. Take a Risk a Day. So often to move towards what we really want requires us to get out of our comfort zone. By getting into the habit of taking a risk a day you will strengthen your courage as you take those important actions that can lead to your greatest opportunities.
8. Create a support team. Ask a few of your friends to form a group to support each other on your goals. Hire a personal coach or a business coach. Find a mentor. Hire a financial planner, an accountant, a fitness trainer, a counselor – whoever you think would add input, support, advice, feedback, and/or accountability to help you keep your attention on your intention.
9. Consistently review your top three intentions. Write down your top three intentions and read them every day so they're fresh in your mind. This will add fuel to your fire and will help you focus your attention on what matters during your day. It will also help you recognize the opportunities that might

Ten Tips for Creating Positive Momentum

help you move toward your desired future outcome.

10. Clarify how your intention also helps others. The fuel that can come from helping others can inspire you to take action and stay focused on your goals. When you see your intention as a cause and you find the passion and nobleness in your actions, you will likely have more energy to get the momentum going – and keep it going – as you move forward toward your intention.

When you take action and stay focused on what really matters, you create momentum...and momentum creates momentum.

Rich Fettke, MCC, is known for helping people take action and stay focused on what really matters.

He is the author *EXTREME SUCCESS* (Simon & Schuster, 2002) and was one of the first business coaches to receive the Master Certified Coach designation from the International Coach Federation. As a professional speaker, Rich delivers entertaining and educational programs to associations and corporations. Visit Rich on the web at www.Fettke.com

Creating Momentum For Your Home Business

By Ken Leonard Jr

Have you ever experienced momentum in your home business activities? If so, then you have really been working to make things happen for yourself. Great job. If not, you probably don't even know that momentum exists. Everything will seem easier for you when you can get the ball rolling. That means working hard consistently and staying focused as best you can.

If this sounds like work, you're right. I hope you know by now that a *free home business* does not exist. The phrase sounds so ridiculous, but thousands of people still search for that term on the internet daily. There are many people out there that actually believe that you can make a living online without doing anything.

The fact that making a living from home does require effort is actually a good thing. It keeps the wannabees out of the way of the people that are actually making things happen. You'll see that when you put more work into your home business, you will develop a sense of momentum. Before long, the work seems easier and you are more able to focus. The money comes in more steadily then, too. The bottom line is -- You will be getting more done on a regular basis.

Momentum is an important asset to have when working toward any goal. If you won't do what it takes to get your home business up and running, momentum will always be out of reach. That will make achieving your most desired goals that much harder.

Doing what it takes does not mean checking your email ten times a day. It does not mean spending most of your spare time in front of the TV, either. Momentum can only be achieved by continuous effort and total focus on your main goal. If you are committed to having a successful home business, this should be no problem for you.

Ten Tips for Creating Positive Momentum

The best way to maintain steady effort is to never forget the big picture. Remember your ultimate goal every day and let that motivate you. You will soon achieve the momentum you are searching for. That momentum will in turn help you reach your ultimate goal.

Once you enjoy momentum with your home business you will kick yourself for not getting with it sooner. Having momentum behind you helps to get through the *downs* of business and helps you ride the wave during the *ups*. Working hard now to get your momentum going later will make your life a lot easier sooner. And that*s the whole idea, right? You bet.

Home Business Success Coaching... Ken Leonard Jr. publishes New Marketer Ezine. You*ll get useful advice EVERY week to help you make a living online from home. If you are really serious, see what others are saying about New Marketer today...

Creating Momentum For Your Home Business

How to develop habit of achievements?

The Hidden Power Of Understanding: A Secret To Building Massive Momentum In Business

ABC's of Becoming an Effective Teen

Lessons About Marriage Learnt From Riding A Bike

Hitting the Search Engines

Ebook Authors Interviewed

Motivate Your Way To Success

147 Killer Epublishing Strategies

The Art of Kissing



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!