

MOMENTUM MASTERCLASS

THE FIVE KEY ELEMENTS OF MOMENTUM

KEY 1: LIFE AUDIT

This key is all about understanding the problem or challenge that you are trying to solve. Let's explore the key areas of your life:

PERSONAL	0	1	2	3	4	5	6	7	8	9	10
WORK/FINANCE	0	1	2	3	4	5	6	7	8	9	10
FAMILY/FRIENDS	0	1	2	3	4	5	6	7	8	9	10
HEALTH	0	1	2	3	4	5	6	7	8	9	10
SPIRITUALITY	0	1	2	3	4	5	6	7	8	9	10

1. Rate, on a scale of 1 to 10, where you think you sit in the following life categories (10 being the best possible response).
2. Now rate where you want to (realistically) be at the end of the year in that category?
3. Once you have completed (2), calculate the difference between your response to (1) and (2). Write that number next to that category.

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KEY 2: LIFE EDIT

Which area did you identify as having the biggest gap? This category will become your Life Edit - the area that you're going to focus on. Write down what it will feel and look like when you achieve your goal in that area.

KEY 3: LIFE DEBIT

What do you need to debit, subtract or deduct from your life to make the Life Edit possible? Create a list of 3 things you need to remove from your life.

KEY 4: LIFE CREDIT

Write down three things you need to add or introduce to your life.

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KEY 5: LIFE ACCREDIT

Write a list of 3 things you are grateful for. Be specific!

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