



# **BUILDING MOMENTUM**

**LIFE IS SHORT, TIME IS SCARCE AND WE NEED A SIMPLE PLAN FORWARD**

What activities do you want to be able to accomplish?

**01**

What is important to you?

**02**

What is meaningful to you?

**03**

Combine your activities (1) with the items that are important (2) and meaningful (3) to you.

**04**

Review the information from step 4 then complete the following statement.

My purpose is to...

**05**

Remember it's progress over perfection.