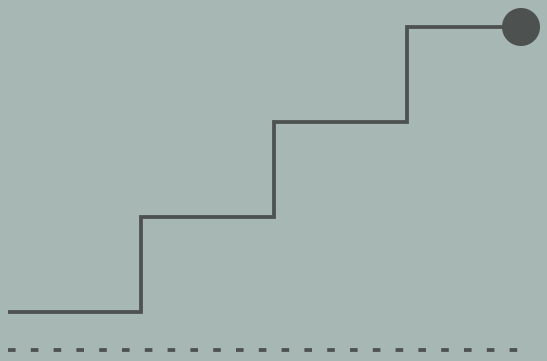

YOUR GROWTH EDGE

Momentum

From knowing to doing. A companion workbook to your Life Transition Scorecard.

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COACHING AND CONSULTING

BEFORE YOU BEGIN

Your growth edge: Momentum



Did you know the hardest part of change usually isn't knowing what you want? It's the space between knowing and doing.

Our culture sells change as a big leap: overhaul everything, start Monday, go all in. So we wait until we feel ready, or until the timing is perfect, or until everyone else is taken care of. And then life fills the space.

What if I told you momentum doesn't come from willpower? It comes from small promises you keep to yourself, again and again. You've done hard things before. This workbook helps you use what already works for you.

With you in it,
Dana

WHAT YOUR SCORE MEANS

Momentum was your lowest area. That's not a grade. It shows where a little attention will open the most room right now.

HOW TO USE THIS WORKBOOK

Three exercises, about 20 minutes each. Do one a day, or all three in one sitting. Write by hand or type right into the boxes, and come back to it in a month.

EXERCISE 1

Evidence you can do hard things

Start with what's working. Think of three times you started something hard and followed through: a move, a new job, a tough conversation, a season you got through. What helped you?

A HARD THING I DID	WHAT HELPED ME KEEP GOING

What do these have in common? (People, timing, structure, a reason you cared about)

EXERCISE 2

What keeps you in place?

Let's get curious, not critical. When you think about starting, what usually happens? Check what fits. Each one meets a need, so look for the need, not the flaw.

- ☐ I overthink and research instead of starting
- ☐ I wait to feel ready
- ☐ I wait for the perfect time
- ☐ Other people's needs come first
- ☐ I start strong, then lose steam
- ☐ I go all or nothing
- ☐ I worry about what others will think
- ☐ Something else: _____

The one that fits most:

What need might it be meeting? (Safety, avoiding failure, keeping the peace)

What's it costing me?

EXERCISE 3

The tiny-step plan

Pick one thing you want to move toward. Then make the next step so small you can do it in ten minutes. Small steps you keep beat big plans you don't.

What I'm moving toward:

My ten-minute step:

When (day and time), and who's in my corner:

If I miss a day, I'll…

WEEK	DID I KEEP MY PROMISE?	WHAT I NOTICED

BEFORE YOU CLOSE THIS

Small steps add up

You don't need more motivation. You need one small promise, kept, and then another.

Start small. Keep it. Repeat.

If you'd like someone in your corner while you build momentum, book a free 30-minute consultation. And tell me: what's one promise you could keep to yourself this week?

- Bring this workbook and your scorecard results
- We'll look at what came up and what you want next
- You'll leave with one or two next steps built for your life, and no pressure either way

BOOK YOUR FREE CONSULTATION

danapeterscoaching.com/book

> *"She has been instrumental in the growth I have had with my self-confidence and communication skills... She also has given me practical tools to handle tough situations."*
>
> D.L., MIDLIFE WORKING MOM OF TWO

COACHING

Individuals and couples, in person in Lafayette, CA and online

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