



MASTERING THE ART OF MOMENTUM

WITH MICHAEL McQUEEN

★ THANK YOU DALE & HIS TEAM - SO INCREDIBLE

IN THIS ENVIRONMENT HOW DO WE KEEP MOMENTUM!

"THIS TOO SHALL PASS!"

WERE YOU PAYING ATTENTION
A ATROPHY & DYSTROPHY
ENTROPY O PYSENTY

activity
NOT ALL ACTIVITY IS CREATED EQUAL

$$M=VP \\ (A/F) \times C$$

HOW DO THEY MAINTAIN MOMENTUM!

WHY DO THE ENDURING PREVAIL

RISE & FALL OF BUSINESS FOR 16 YRS

WHEN WILL I EVER HAVE TO KNOW THIS?

WHAT WE CAN CONTROL IS WHAT WE DO...

ARE MY ACTIVITIES INSPIRED?

ON PURPOSE WITH INTENTION

LEGACY
HOW DOES IT FIT IN TO BIGGER PICTURE

3 HORIZON PLANNING
NEAR TERM 1-3 WKS
MID TERM 2-5
LONG TERM 5+



20% SIMPLE FIRST
40% COMPLEX
40% ROUTINE

ALL BLACKS - MINDS DWELLING PAST PRESENT LONG TERM

TO DO LIST
WRITE IT NIGHT BY NIGHT
SIMPLE, COMPLEX, ROUTINE

PRODUCTIVITY BLUEPRINT

2. ARE MY ACTIVITIES INTENTIONAL

Let's wire our kids for RESILIENCE

DON'T COMPROMISE ON INTEGRITY



THE AVERAGE PERSON... FOCUSED...

3 TIPS FOR FOCUS

1. SWITCHING OFF & SHUT OUT
TURN OFF NOTIFICATIONS

SANDBOX
NOPE! FAKE PHONE CALL

2. HAVE A 'FINISHING FRENZY'



RHYTHM NOT RATE

CONSISTENCY
PREDICT ODDS OF SOMEONES SUCCESS BY DAILY HABITS

"BRAINS CANT DO FEAR & CREATIVITY @ ONCE"

3. THINK ABOUT WHAT YOU ARE THINKING ABOUT

A CRISIS IS A TERRIBLE THING TO WASTE

CONQUER the CRISIS™

WHAT A HABIT CAN YOU DO DAILY?

YOUR HABITS DETERMINE YOUR FUTURE



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