

**Leadmore X AGA**



**Is this it?**

**I feel stuck.**

**I'm not where I want to be.**

**Past**

**Present**

**Future**

- 1. What are you proud of?**
- 2. What are you confident about?**
- 3. What are you excited about?**

**THE MAKING**  
**MOMENTUM**  
**FRAMEWORK**



**Potential**

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**Potential**

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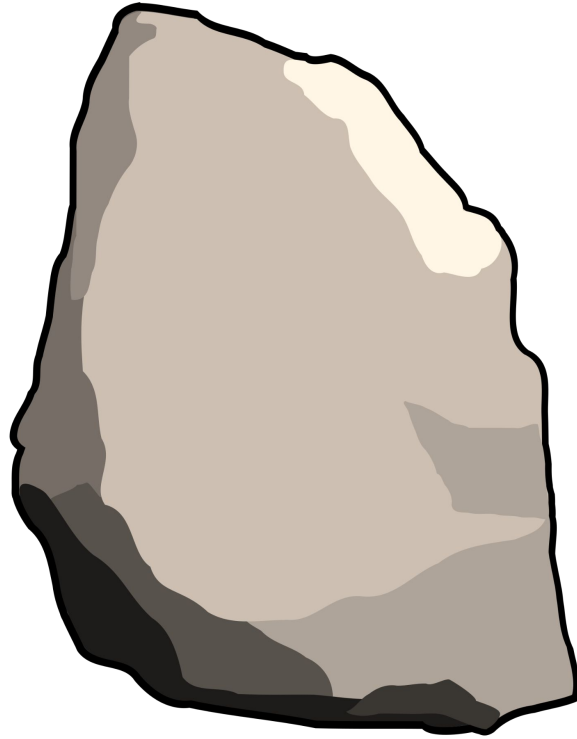


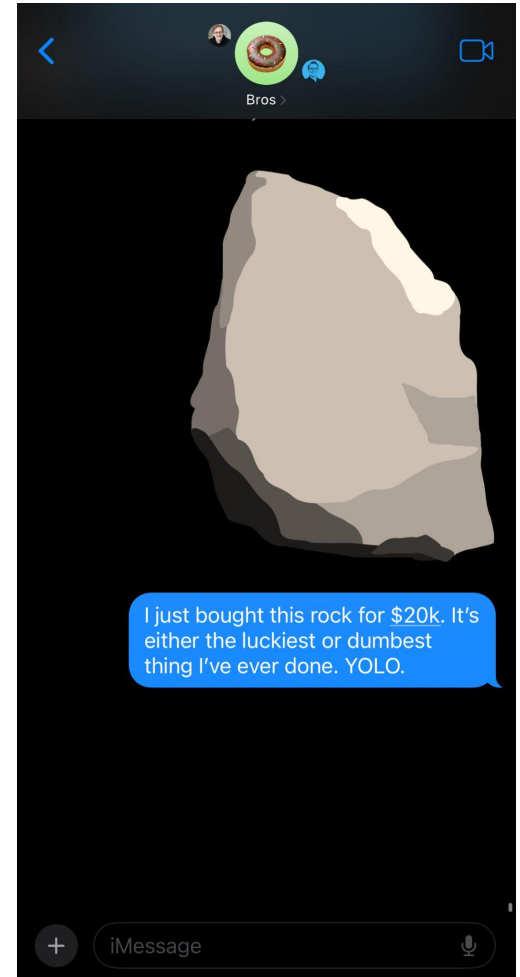
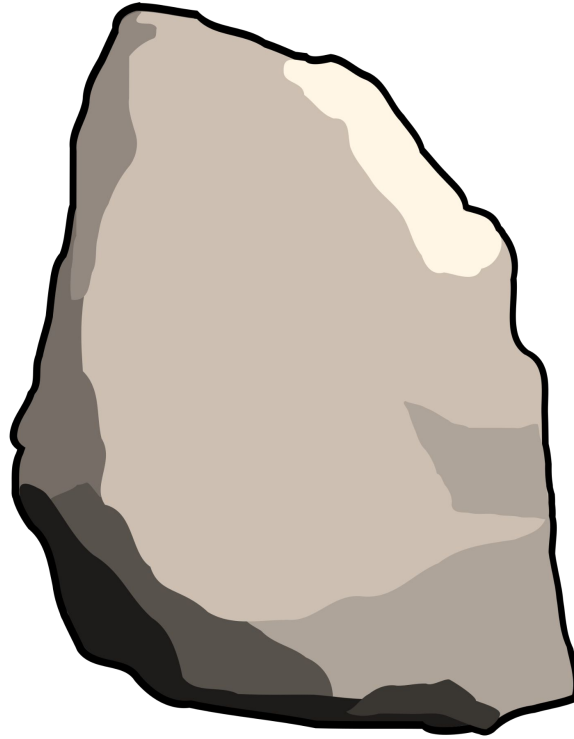
**Path**















**Have you ever  
thought about  
coaching?**



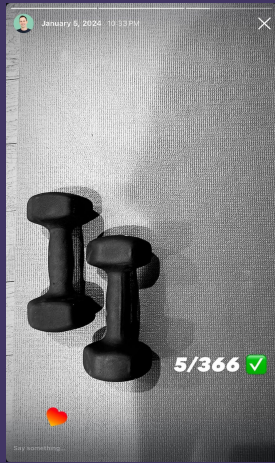
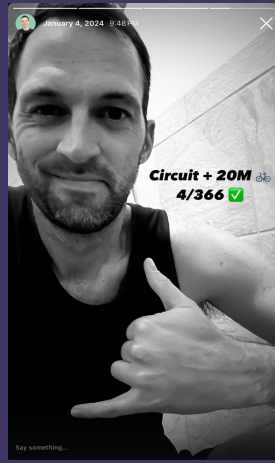


**Path**





**misogi**



# Momentum

## *Makers*

- 1) **Habits**
- 2) **Accountability Buddy**
- 3) **Rewards**
- 4) **Clarity**
- 5) **Sprints**
- 6) **Identity**

# Momentum

## *Takers*

- 1) **Distractions**
- 2) **Choices**
- 3) **False Goals**
- 4) **Timeline**
- 5) **Haters**
- 6) **Comfort**

# Momentum *Makers*

vs.

# Momentum *Takers*

- 1) **Habits**
- 2) **Accountability Buddy**
- 3) **Rewards**
- 4) **Clarity**
- 5) **Sprints**
- 6) **Identity**

- 1) **Distractions**
- 2) **False Goals**
- 3) **Choices**
- 4) **Timeline**
- 5) **Haters**
- 6) **Comfort**



## MAKERS

1. Habits
2. Accountability
3. Rewards
4. Clarity
5. Sprints
6. Identity

## TAKERS

1. Distractions
2. False Goals
3. Choices
4. Timeline
5. Haters
6. Comfort

Circle two makers and strike one taker

## NON-NEGOTIABLES

Build Your Own

- 1.
- 2.
- 3.
- 4.
- 5.

## YOUR VIVID VISION

August 21, 2028

# *Write This Down*

- 1) **Determine Your Makers & Takers**

# My **5** Daily Non-Negotiables

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- 1) *Read* - 10 mins or 10 pages
- 2) *Check Goals* - 2x per day
- 3) *Exercise* - 30 mins per day
- 4) *Connect* - 4x people per day
- 5) *Gratitude* - 5 things daily practice

## *Write This Down*

- 1) Determine Your Makers & Takers**
- 2) Build Your Daily Non-Negotiables**





POTENTIAL

PATH

Prize

PRIZE

PACE



SO LEADERSHIP  
John Meyer  
Executive Director

# *Your Vivid Vision*

**Describe your life, in detail, on  
April 15, 2029 \_\_\_\_\_?**

## *Write This Down*

- 1) **Determine Your Makers & Takers**
- 2) **Build Your Daily Non-Negotiables**
- 3) **Describe Your Vivid Vision**



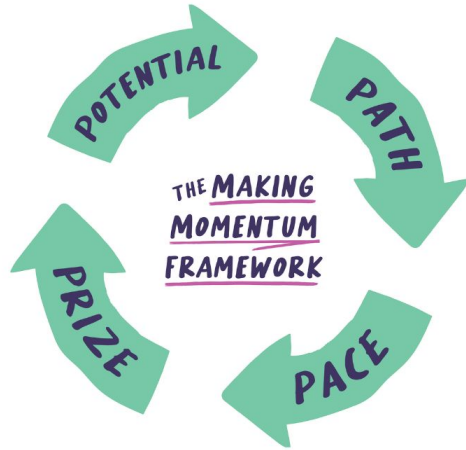
POTENTIAL

PATH

Prize

PACE

PRIZE



## MAKERS

1. Habits
2. Accountability
3. Rewards
4. Clarity
5. Sprints
6. Identity

## TAKERS

1. Distractions
2. False Goals
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4. Timeline
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Circle two makers and strike one taker

## NON-NEGOTIABLES

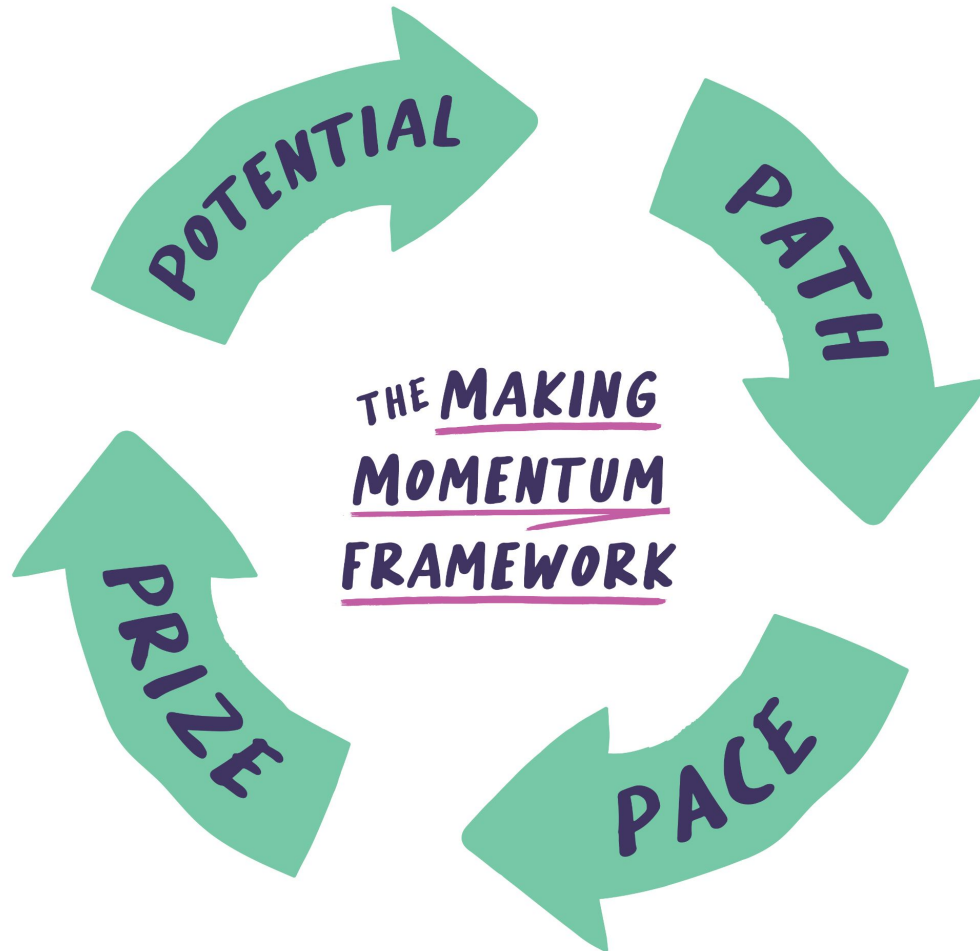
Build Your Own

- 1.
- 2.
- 3.
- 4.
- 5.

## YOUR VIVID VISION

April 15, 2029

**Mass x Velocity =**  
*Momentum*



**For more stories on life and business,  
sign up for the Momentum Monday**



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A large indoor event space, possibly a convention hall or arena, with a high ceiling and exposed steel trusses. The stage is lit with blue light, and a speaker is visible on the right side. The audience is seated at tables in the foreground, and the overall atmosphere is professional and modern.

# THANK YOU

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