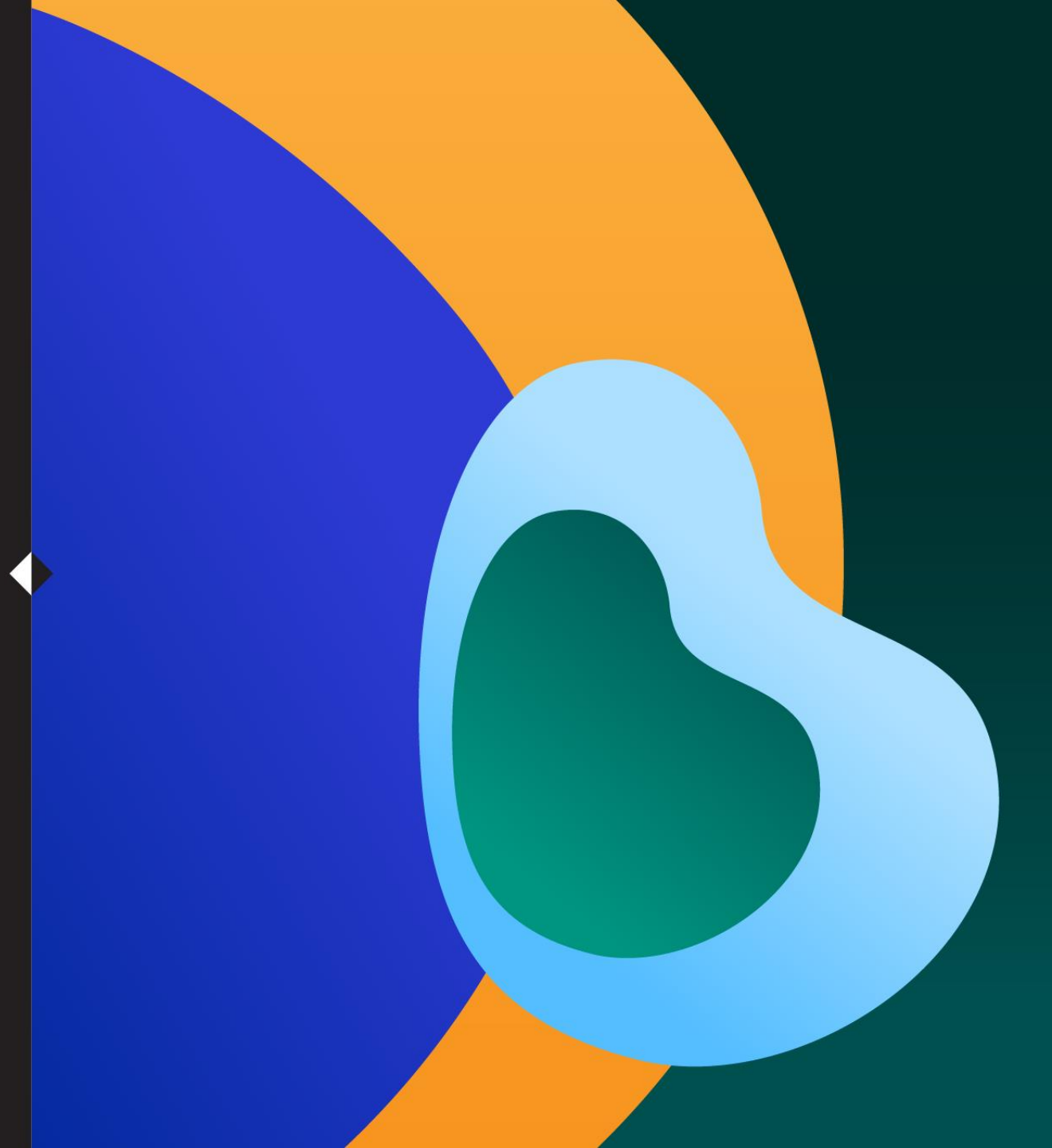


Your Momentum Playbook

Thank you for joining us Where Diamonds Meet

Diamond **Mind**



Hello, friend.

Welcome to Where Diamonds Meet. Thank you for joining our community of change-makers by subscribing to our email conversations. **We are thrilled to have your voice in the mix.**

This is your free playbook for how to create momentum in your career, your life, your world. It includes an edited transcript of a conversation between me, Tom Rosenak, and the esteemed George Copsey, a fellow Master Momentum Coach. (That's a real thing! We are both trained & certified & our knowledge is yours to put to use.)

The conversation affected me deeply. Maybe it will affect you, too. Thanks for being here.

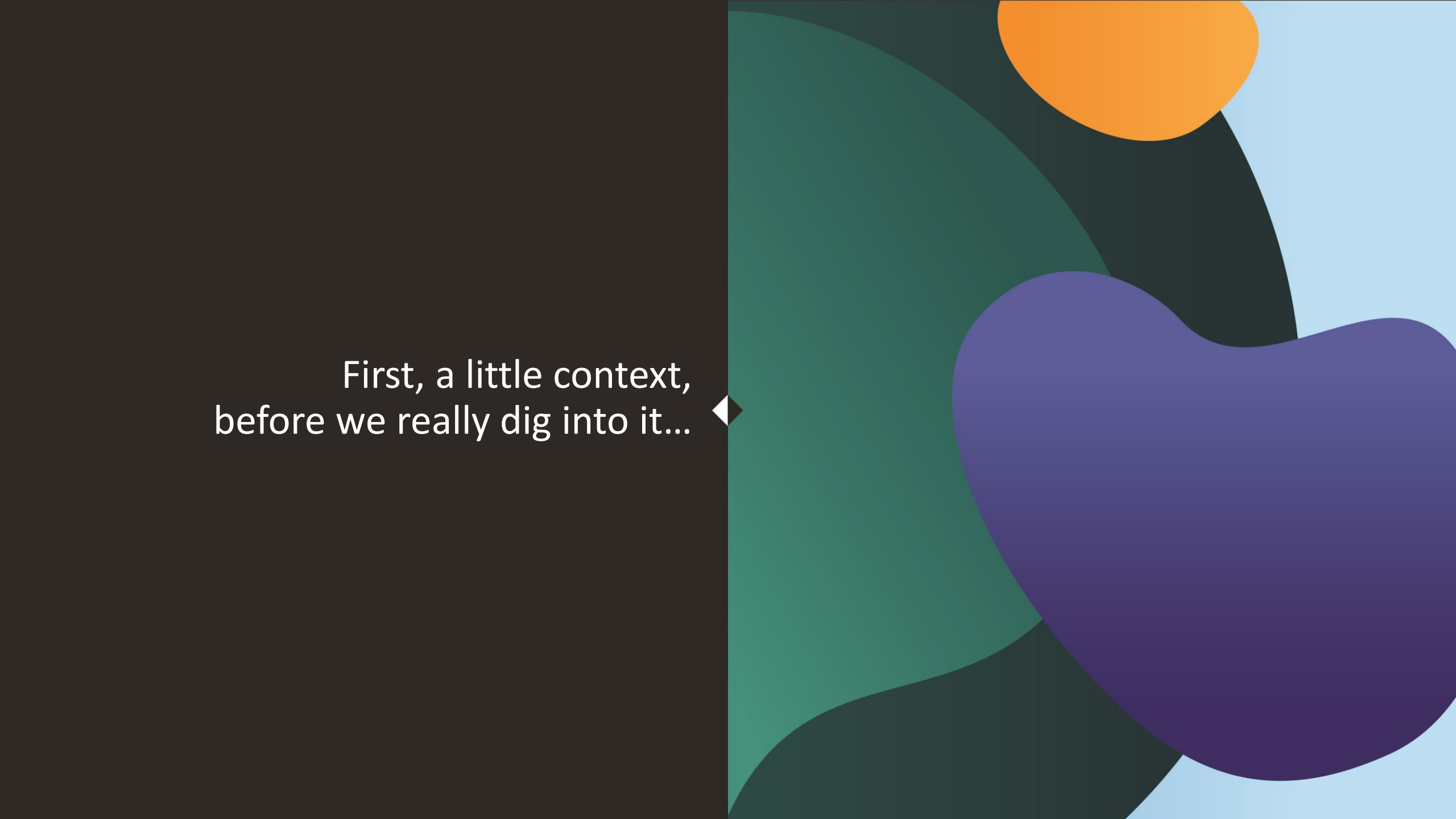
Yours, really & truly,

Tom

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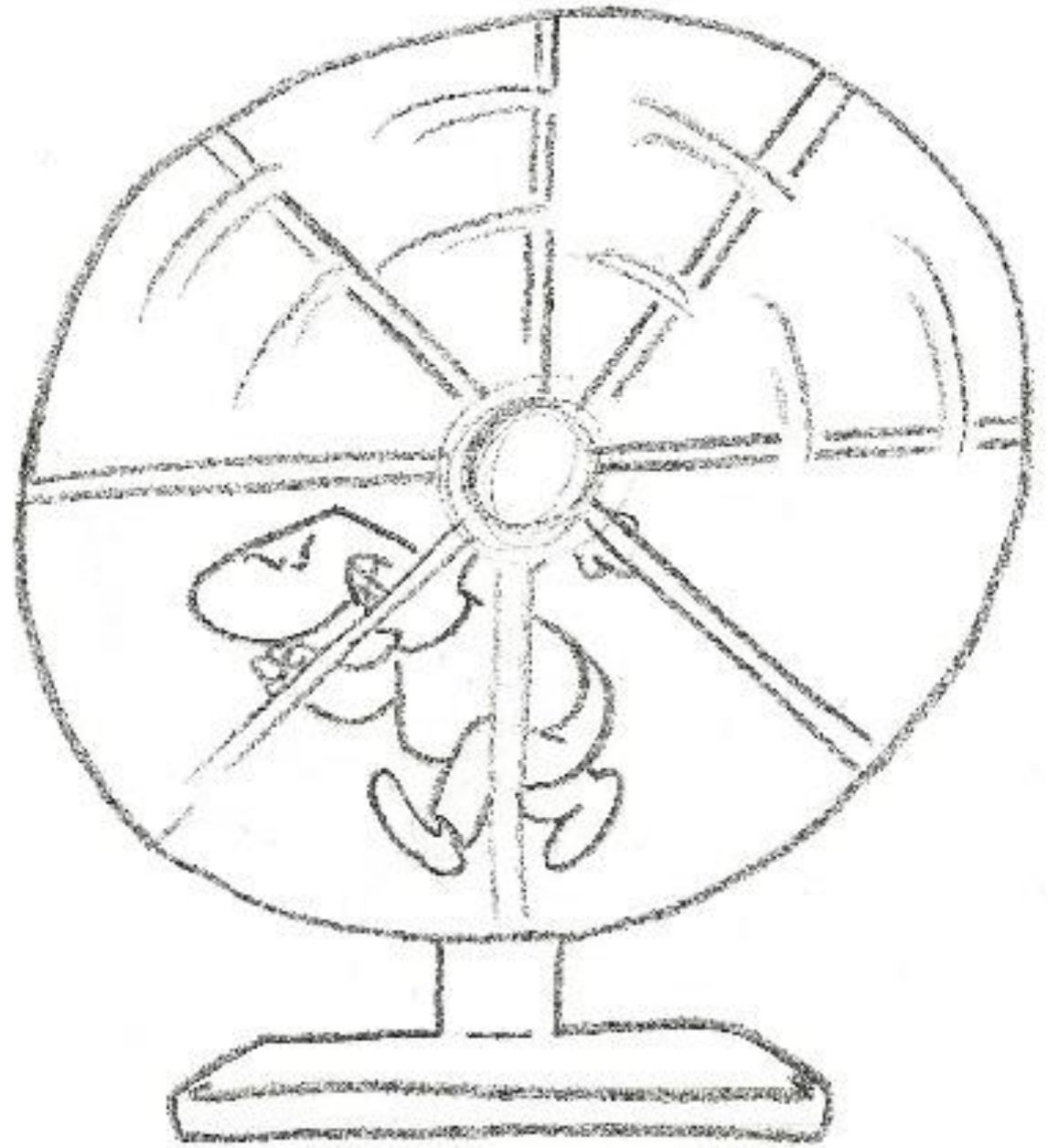
First, a little context,
before we really dig into it...

The image features a dark grey vertical bar on the left side. To its right, there is a large, abstract graphic composed of several overlapping, rounded shapes. The shapes are in shades of teal, orange, purple, and dark blue. The background of the right side is a light blue color. The text is centered within the dark grey bar.

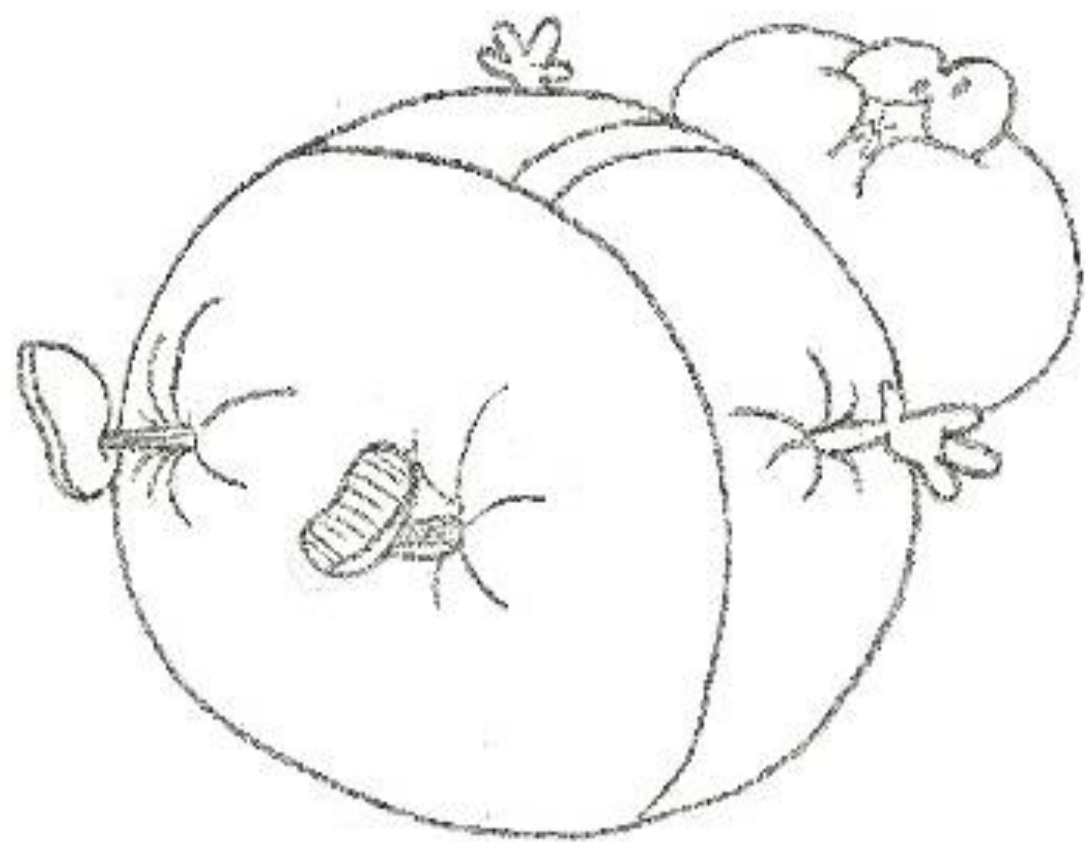
You'll find that I'm a
major question-asker.
But here's something
I know for a fact.

It's true of everyone I meet. Your life is a mixture of difficulty and opportunity, and because you are successful, most of what you do is working quite well. But there is an area of life, perhaps at work, at home, or in the community, where deep down you know you can do better and, in this area, you feel **stuck**. In fact, in this area it feels like the harder you push, the stucker you get. Feet pressed down on the accelerator and the emergency brake simultaneously, making noise but going in circles at best.

Do you ever
feel like a
gerbil,
trapped on
a wheel?

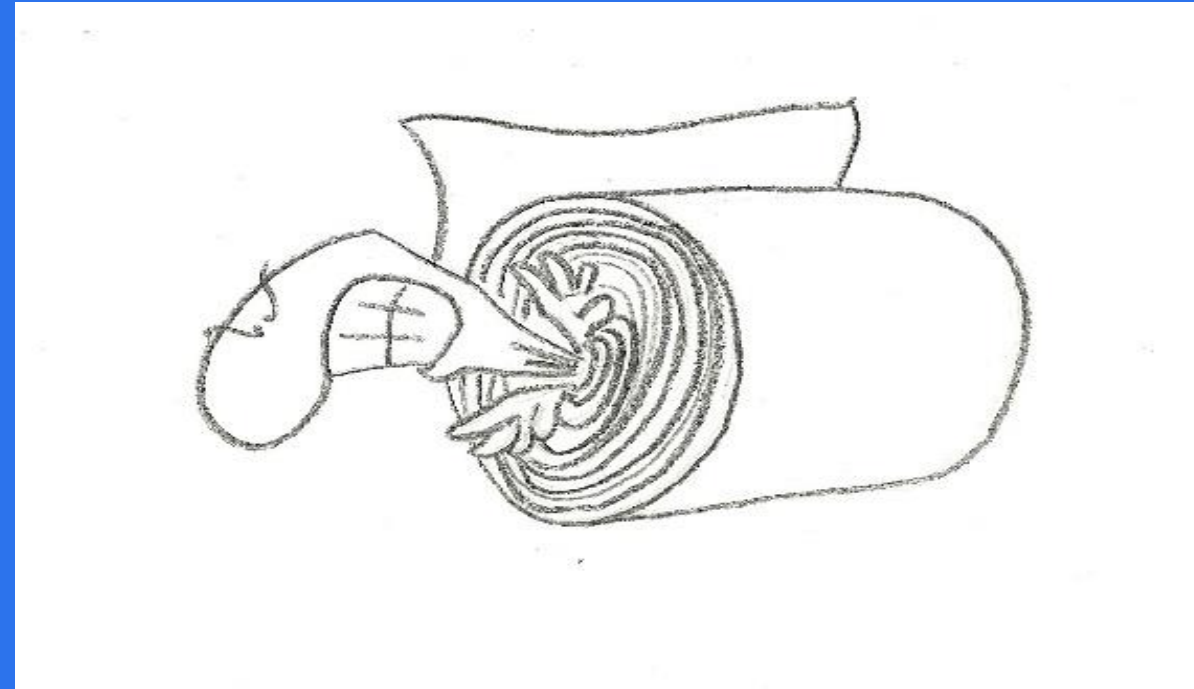


Your success is fueled by the fact you are highly motivated but, in this case, your spirit is pushing in so many directions, without focus and flow, almost as though you have **constipation of the spirit**.



Let's be honest.

In this one area, are you
feeling wound a little too
tightly?



Keep this struggle area in view as you learn about the momentum process and you'll see that a small shift in focus and a few tiny steps can begin to **get your energy flying in formation** and release your power with greater focus, clarity and impact.

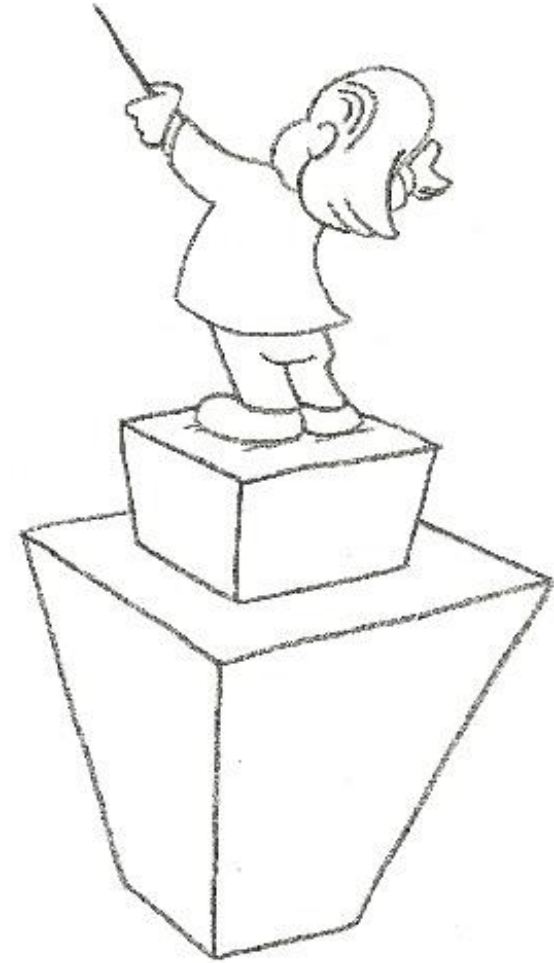
One last thing, before you jump
start your momentum...



There's a voice inside each of us that knows she can think, do, be, become anything she sets her mind to. Yes, there is a deep inner voice that knows if he can stay the course he will succeed. That voice gets drowned out by the demands of the world and the opinions of others. **Connect to that voice now.** Install an inner CEO that listens to all the inner voices but doesn't allow them to rule the roost or drive the train (wreck).

Allow this inner voice to guide you through the momentum process and you'll instinctively know what steps to take. A toast to your inner CEO.

Diamond Mind believes in you.
We're here to help you
live your truest you.



& now, let's dig in together.

Let's jump start
your momentum.

Diamond **Mind**

Or, How to Get On A Roll, In Flow,
So Results Just Start Showing Up
“Out of the Blue”

George Copsey (GC) Just as a kid can't learn to ride a bike in a seminar, neither can you learn and experience the power of the momentum process from a brief report. You must experience it to begin to understand its subtleties, power and mind-freeing impact.

Tom Rosenak (TR) That's why we're inviting you to give yourself a 30 day challenge. Pick a result you really want in work or your personal life. Commit yourself to practicing focus, the momentum way.

There is a process that works! But only 100% of the time.

Let's be clear. You're not in this looking for a process. We get that. You want better results – relationships, finance, health, quality of life, influence, contribution, etc. This is about you.

Are you clear on what matters most to you? And, are you willing to bet on yourself to live in integrity and alignment with this ideal?

You may have years of struggle in a given area of life and we can't promise that, in 30 days, you will be completely transformed. But we can promise if you adopt a certain attitude, trust this framework and focus on a step by step increase in your commitment to managing your agreements, you will experience a taste of results just showing up as if by [magic](#).

GC The attitude shifts we refer to here is from “I cannot do this” to “I can do this” to “I am doing this.” “I have done it.” “It is done.” Let us try present tense, continuing: “I am doing this.” Notice, it’s a process. Once you experience momentum, however slight at the start, you will want to stay the course and **become a finisher in a world of starters.**

So, let's define momentum.

[mō méntəm] noun

Force or speed of movement; impetus,
as of a physical object or course of event.

GC Momentum is that exhilarating, almost intoxicating sense of adventure that is present when I know, deep in my heart, that I am **moving** passionately and consistently toward all that I want in work and life.

The [momentum process](#) begins with two questions

1. What do I want?
2. What am I willing to do about it?

GC Manage yourself, through the ups & downs, the time when you feel you are approaching your goal, the time when you feel you are not and will never get there - and everything in between - by managing your agreements regarding your plan.

TR All the tools of getting into momentum are designed to get you back into clarity and focus on what matters most to you.

The starting point is to clarify your intention. So, what do you want?

The word “want” is often packed with emotions of lack. For example, if I say, “I want a car,” I am immediately conscious that I do not have one. This can create an inner state of turmoil and a sense of lack and limitation. But it doesn’t have to be that way.

We can learn to create inner harmony between our spirit and the result we intend to produce, regardless of the evidence. This is a momentum practice. Rather than insist things be a certain way, we become a certain way and trust the outcome.

TR

Mastering momentum is a process
of *mastering yourself*, not the
physical world.

So, what is the Momentum Process?

There are four steps, but they're not steps implying a sequence and then "ok, now I'm done." It's a continuous process with true north being your highest intention and the rest of your actions shifting **focus** back to that intention.

TR



planning

TR Planning is very difficult when we feel stuck in an important area of our lives.

We've experienced difficulties, frustrations, failure, setbacks and disappointments in this area. This tends to impact our beliefs in & about ourselves and life in this area.

We don't know how to produce this result. Traditional planning processes treat planning as a sense of having figured it out. No one can figure it out. Others can tell you exactly how they did it. But your experience is unique. It's yours.

Planning is all about getting you moving, to launch you into the world of agreements and to practice focus. It's the focus and creativity that ultimately ensure success. But you must move.

Planning also triggers commitment. This is an important reason to do it, and a reason we often avoid it. If we dream big things and take no actions, we can get a payoff from having a great idea. We can settle for the feeling with no demonstration. To hold big ideas conscious, active and present as we take tiny steps can seem pointless, but this is where the commitment and trust are exercised. It is normal to resist this step. Do it anyway.

agreements

GC An agreement is simply a declaration that you will be, do or have something.
Or not be, do or not have something.

From the moment you decide to make a certain agreement, I encourage you to view your agreement as if it is something **alive** in your universe, like a new born child or planet, deserving of your utmost care, respect and honor.

Write your agreements down or record them. There's a very human tendency to think that no one will know when we break an agreement with ourselves. (You will know.) But writing it down, getting it out of our heads and onto paper, tends to make our agreements more real and add an element of accountability.

Manage your agreements impeccably and compassionately. Recognize that there will be times when you break your agreements or feel a need to change them. It's just the way we are as humans. If we realize and remind ourselves as we make an agreement that it's possible, despite our best intentions, that we may break it, it shouldn't shock us when we do. To pretend we're perfect is truly to pretend.

GC So, you may ask, how can I trust myself when I'm constantly changing or breaking my agreements? Great question. Which brings us to two important points:

When does changing an agreement become breaking an agreement?

If you change an agreement more than once or twice, you're probably breaking it... and pretending you haven't. Rather than continuing to pretend, simply tell the truth: that you've broken the agreement. And go on to “clean it up.”

What does it mean to “clean up” a broken agreement?

It simply means you acknowledge that you have broken an agreement and then to make a strong demonstration to renew, affirm and strengthen the trust in the relationship — with yourself or those to whom you had committed.

It's all about trust. Aim to use broken agreements as opportunities to strengthen the trust in your relationships.

TR

Then, begin again.

a checklist

ask for what you want

Am I crystal clear on what I want?

Am I expecting to succeed?

Am I trusting myself to be bigger than circumstances?

Am I committed to the outcome and willing to begin again...and again?

Am I willing to say “not now, how?” and keep moving anyway?


Am I acknowledging that controlling things is part of stagnation where as trusting and managing self is about momentum?

Am I asking for a next step?

Am I managing my agreements?

GC & TR

From the vantage point of the winner, life becomes a thrilling adventure, filled with possibility, awe and wonder. Yes, there are fears, doubts, disappointments, and frustrations. But we are free to exercise the greatest power we are given by the creator and that is the freedom to choose our focus.



Join us for more at
newconversationforchange.com.

Please stay connected and start your own
conversation with us and with yourself. Thank you.

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