



The My 15 Minutes Momentum Map

Because life's too short to miss
the good stuff

It's easy to let 'life' come thundering into our schedules, filling every corner with responsibility and activity. The things that **really matter** can be pushed out of the way by activities we've said 'yes' to — often not because we want to, but because we feel we 'should'.

Those duties eat into time we might otherwise spend on life-enriching pursuits. They tire us, and wear us down. We're left feeling overwhelmed and resentful — often blaming the people around us for taking advantage of us.

Every activity that we take on **involves a choice** on our part, but it's more than a simple 'yes' or 'no'. Keeping the momentum and energy in our lives through strong self-care means putting self-care first. Life will continue to tumble in around these commitments, but we're better-equipped to handle the challenge when we've taken care of ourselves.

The Momentum Map is a tool to help you **schedule the 'good stuff' first**. It's a simple reminder to take what matters most and prioritise it above the tumble of things you can't control around you.

Enjoy!

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Because life's too short to miss
the good stuff

the ONE thing

grow

unplug

appreciate

connect

move it!

recharge

release

REMEMBER TO SCHEDULE IT

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How to use The Momentum Map

Tired of tumbling off your own 'To Do' list? It's time to schedule the stuff that matters most.

Each Monday, print a fresh copy of The Momentum Map and create your plan for the week in each of the key areas. Schedule these activities in your diary or calendar. Keeping these commitments with yourself will improve your life in so many ways.



The ONE Thing

Choose a 'bang for buck', over-arching 'theme' or goal for the week. The ONE thing that, when you accomplish it, will give you a sense of progress and something to celebrate.



Connect

Date night with a partner or friend? Long-distance phone call? Posting a surprise to a friend? Commit to ONE way to connect with people this week.



Move it!

Add ONE extra physical activity this week. Doesn't matter what, when or how long it takes, just increase your movement!



Grow

Choose ONE thing that stretches (or even scares) you and do it! Gently push the boundaries of your comfort zone so you're a slightly more experienced person in some way by the end of seven days.



Unplug

Discover the 'Joy of Missing Out'. Get 'off the grid' for 60 minutes a week. Phone, TV, computer and devices not just on 'silent' but 'off'.



Recharge

Introverted or extroverted, top up your energy the best way you know how. Pick ONE thing you know will raise your energy levels. What is it?



Release

What we 'ditch' makes a huge difference in our lives. What's ONE thing that you're prepared to release or let go? It could be a physical item, or a habit, choice, behaviour or thought.



Appreciate

Gratitude is the antidote to fear. Use this space to write down ONE thing you're grateful for every week and you'll create a new pattern of looking for the good.