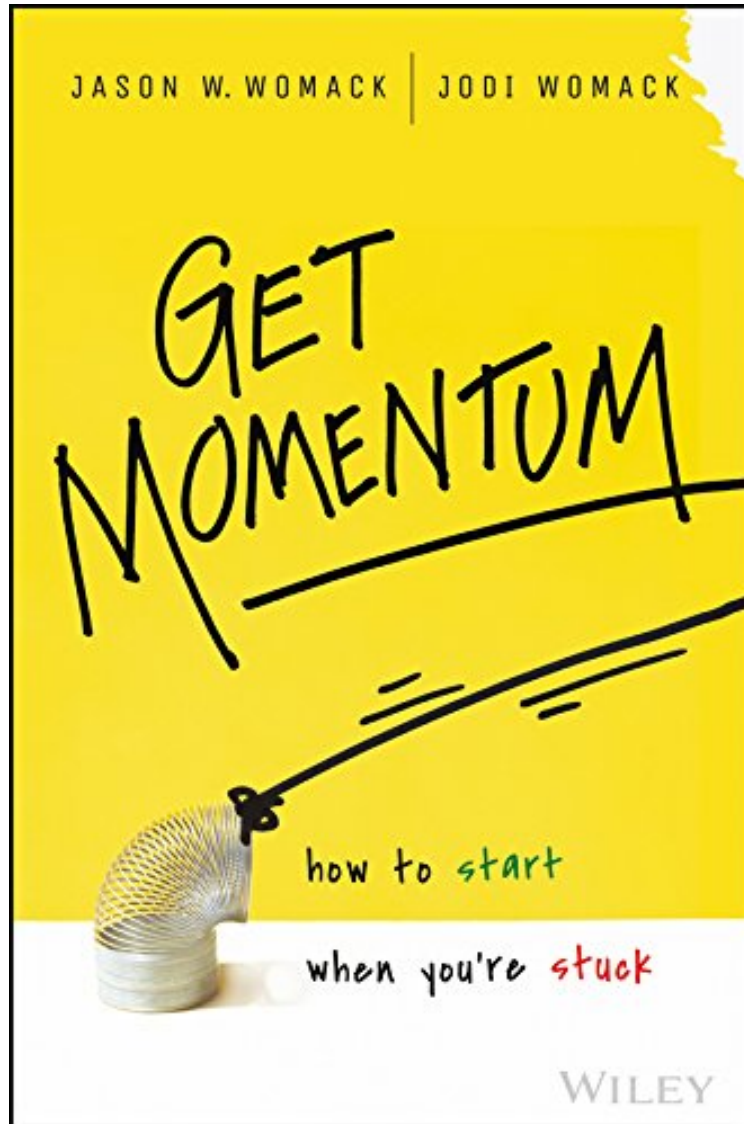


Get Momentum: How to Start When You're Stuck

Jason W. Womack, Jodi Womack

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Jason W. Womack, Jodi Womack : Get Momentum: How to Start When You're Stuck before purchasing it in order to gage whether or not it would be worth my time, and all praised Get Momentum: How to Start When You're Stuck:

1 of 1 people found the following review helpful. A GIFT that helps us accomplish our goals, one project at a time....!!By Ranjani MohanaJason has been my business coach since 2012 and i owe all of my discipline at work and my personal life to Jason's first book "Your Best Just Got Better" And now his Jodi's new book "Get Momentum: How to Start When you are Stuck. When you have Jason as your coach, you don't just only get his advise every now and

then. He takes the time know you more, know your habits better and helps you to handle them with ideas/thoughts/encouragement and motivation. It's not just Jason Jodi we have the whole Get Momentum Community to connect and grow. I did all the Activities from this new book Get Momentum: How to Start When You're Stuck and come to realize I have lost my Mentors/Support Group. Those who helped me get from there to here is not able to assist me to go further. What an eye opener...!! Thanks Jason Jodi for always being there and answering all the emails, phone calls and texts. God Bless. 1 of 1 people found the following review helpful. you will be glad you did By Scott Moskowitz I purchased this book when it came out, but I wanted to give it some time to see if the stuff inside it really worked. The prompts are spot on to get you moving again by making you realize what is most important to you. The prompts continue to make you drill down answer questions you have heard before, but many you have not. The combination of them really set a foundation to not only get momentum, but keep momentum - that is key isn't it? we all have fits and stops...but if you can keep going...that is, is how they say... "worth the price of admission" and that price in this case is 5+ stars of gold. Buy the book instead of 3 lattes, start to answer the questions as you drink your next 3 lattes...you will be glad you did. 1 of 1 people found the following review helpful. A workbook for greater effectiveness By Dwayne Melancon - @ThatDwayne I've been reading this book and doing some of the exercises. I find that the exercises and the book content not only give me some new ideas and insights, they also help reinforce some things I already know, force me to re-frame my perspective, and get better clarity. In my case, when I have too many options I get distracted and my lack of momentum stems from lack of focus. If you read this book and put in the work by doing the exercises (even if they feel uncomfortable or awkward to you), you'll be better off for it.

A powerful and personalized process to improve your life and advance your career Do you sometimes feel stuck, despite real efforts to gain momentum on goals you've set? Momentum means you're doing more than simply getting things done. It's that feeling of satisfaction, the belief that you can achieve big goals and complete important projects that fulfill you both personally and professionally. Get Momentum coaches you in the mindset, skill set, and toolkit required to make progress on the items you have on your life and work goals faster and easier, while living a less stressful, more meaningful life. The authors, Jodi Womack and her husband Jason Womack, provide valuable insights into the psychology of change and how to direct your focus to experience fulfillment at work and in life. The authors share what they know having built a successful executive coaching firm together, as well as facilitating leadership workshops in their home town and more than twenty countries around the world. Contrary to the promise of many self-help/business books, they believe there is no one-size-fits-all recipe for success. Get Momentum teaches you how to make proactive changes based on the solid foundation of your own quality of life criteria. Jodi and Jason offer clear, step-by-step guidance on how to define your personal criteria so that you can Get Momentum, improve your life and enhance your career. You will learn how to: Answer the Call (What to do when you say "Someone should do something about this!") Organize a Team and Gain the Perspective of People You Trust Measure Something (Just Not Everything At Once) Experiment Specifically and Practice Deliberately Build Momentum, Recognize Your Wins, and Pay It Forward With kindness, accountability and encouragement, Get Momentum will help you tap into your natural way of being to achieve professional goals and personal experiences that are on your bucket list, living a life you're proud to share with others.

"Get Momentum is a handbook for turning ideas into products. Jodi and Jason Womack have walked the talk, and now teach us how to easily move through the stages of momentum."