

30-Day Momentum Plan

Small Actions. Daily Evidence. Real Progress.

Rule for the next 30 days:

Do the action even when it feels unimpressive. Momentum comes *after* repetition.

WEEK 1 — BREAK INERTIA (Action Before Confidence)

Day 1 — Decide One Thing

Make one decision you've been postponing.

Write it down. Act on it today.

Day 2 — Act Imperfectly

Do something before it's ready: send, publish, ask, start.

Day 3 — Reduce One Delay

Remove one friction point slowing action (tool, habit, distraction).

Day 4 — Make a Small Ask

Ask for something slightly uncomfortable: feedback, help, clarity, price.

Day 5 — Finish Something

Complete one small task you've been leaving open.

Day 6 — Review Without Judgement

What moved you forward this week? What didn't? No emotion. Just data.

Day 7 — Repeat One Action

Do again the action that created the most progress.

WEEK 2 — DECISION & VALUE (Earn More by Becoming More Useful)

Day 8 — Identify a Value Gap

Where could you be more useful, faster, clearer, or more responsible?

Day 9 — Learn One High-Value Skill

30 minutes only. Choose relevance over interest.

Day 10 — Apply What You Learned

Use the skill immediately — imperfectly.

Day 11 — Raise a Standard

Increase quality, price, clarity, or boundary in one small way.

Day 12 — Remove Low-Value Work

Stop or delegate one task that doesn't move the needle.

Day 13 — Make One Clear Choice

Yes or no. Decide. Move.

Day 14 — Weekly Review

What increased value this week? What didn't?

WEEK 3 — LEVERAGE & FOCUS (Stop Trading Time, Reduce Frenzy)

Day 15 — Identify One Leverage Point

Where could effort pay more than once?

Day 16 — Create Once, Use Twice

Turn one action into a reusable asset (note, process, template, system).

Day 17 — Focus Block

60 minutes on one priority. No multitasking.

Day 18 — Pause a Distraction

Temporarily stop one thing that splits focus.

Day 19 — Improve a Process

Make something you already do slightly more efficient.

Day 20 — Finish, Don't Start

Complete one lingering task before starting anything new.

Day 21 — Weekly Review

Where did focus beat busyness?

WEEK 4 — DISCOMFORT, ENVIRONMENT & LONG GAME

Day 22 — Do One Uncomfortable Thing

A conversation. A decision. Visibility. Action before comfort.

Day 23 — Reduce Friction

Make one good habit easier to do tomorrow.

Day 24 — Increase Friction

Make one bad habit harder to access.

Day 25 — Environment Upgrade

Change one input: people, information, workspace, routine.

Day 26 — Think in 12 Months

What will matter a year from now? Act accordingly today.

Day 27 — Repeat a Hard Action

Repetition builds tolerance. Do it again.

Day 28 — Review for Patterns

What behaviours worked across the month?

FINAL DAYS — LOCK IT IN

Day 29 — Choose One Behaviour to Keep

Just one. Make it non-negotiable.

Day 30 — Commit Forward

Write a short commitment:

“For the next 90 days, I will continue to...”

Sign it. Date it. Keep it visible.

The Operating Principle

Momentum is not motivation.

It’s daily proof that you move when it matters.

Don’t restart this plan.

Continue it.