

*The*

# HABIT & MOMENTUM BUILDER

WORKBOOK



*Turn clarity into action*





Copyright © Purposeful Personal Growth

## **The Habit & Momentum Workbook**

### **Usage Rights**

All rights reserved. No part of this workbook may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning, or otherwise, without the prior written permission of the publisher.

### **Disclaimer**

All the material contained in this workbook is provided for educational and informational purposes only. No responsibility can be taken for any results or outcomes resulting from the use of this material.

While every attempt has been made to provide information that is both accurate and effective, the author does not assume any responsibility for the accuracy or use/misuse of this information.



# **The Habit & Momentum Builder Workbook**

## **Part 3 of The Becoming Series**

**Turn Clarity Into Action With Simple Habits, Systems, and Daily Consistency**

---

### **Welcome**

You've already done important work.

In Part 1, you gained clarity about where you are.

In Part 2, you discovered what matters most and the direction you want your life to move toward.

Now comes the most important step:

Action.

Because clarity without action creates frustration.

Direction without action creates regret.

Transformation happens when insight becomes behaviour.

The challenge is that most people don't struggle because they don't know what to do.

They struggle because they don't consistently do what they already know.

This workbook is designed to help you change that.

Not through willpower.

Not through perfection.

But through simple habits and systems that create momentum.

Remember:

You do not need to change your entire life this month.

You only need to build enough momentum to keep moving forward.

Let's begin.

# SECTION 1: YOUR MOMENTUM CHECK-IN

Before building new habits, let's understand your current patterns.

## Reflection Questions

When I set goals, I usually:

- ☐ Follow through consistently
- ☐ Start strong but lose momentum
- ☐ Overthink and delay action
- ☐ Get distracted by new goals
- ☐ Struggle to stay committed

## My Biggest Consistency Challenge Is:

## What Usually Causes Me To Fall Off Track?

Examples:

- Lack of time
- Low motivation
- Distractions
- Perfectionism
- Stress
- Overcommitment

## Reflection

What pattern keeps repeating in my life?

## SECTION 2: THE POWER OF SMALL WINS

One of the biggest mistakes people make is trying to change too much at once.

Big goals can inspire us.

But small actions create momentum.

### Complete This Exercise

What is one area I want to improve most right now?

If I focused on this area for the next 30 days, what result would I love to see?

Now simplify it.

What's the smallest daily action I could realistically commit to?

## Example

Goal: Get healthier

Small action: Walk for 10 minutes each day

Goal: Improve mindset

Small action: Journal for 5 minutes each morning

Goal: Feel more organised

Small action: Plan tomorrow before bed

## My Daily Action

## SECTION 3: BUILDING A HABIT THAT STICKS

The secret to building habits isn't motivation.

It's making habits easy.

### Habit Design Formula

After I \_\_\_\_\_

I will \_\_\_\_\_

Because I want to become someone who

### Example

After I make my morning coffee,

I will journal for 5 minutes,

because I want to become someone who reflects intentionally.

# My Habit Plan

After I:

I will:

Because I want to become someone who:

## **SECTION 4: CREATE YOUR MOMENTUM SYSTEM**

Successful people don't rely on motivation.

They rely on systems.

A system is simply a process that makes action easier.

### **My Weekly Growth System**

#### **Daily Habit**

#### **Weekly Reflection**

What worked this week?

What didn't work?

What will I improve next week?

### **Weekly Reset Day**

Choose one day each week to review your progress.

My reset day is:

## SECTION 5: IDENTIFY YOUR OBSTACLES

Every goal has obstacles.

The key is planning for them before they appear.

### Common Obstacles

Tick any that apply:

- ☐ Lack of time
- ☐ Low motivation
- ☐ Procrastination
- ☐ Distractions
- ☐ Perfectionism
- ☐ Self-doubt
- ☐ Lack of energy
- ☐ Overwhelm

### My Top 3 Obstacles

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## If-Then Planning

If \_\_\_\_\_

happens,

then I will \_\_\_\_\_

instead.

### Example

If I miss a workout,

then I will walk for 10 minutes.

---

### Example

If I don't journal in the morning,

then I will journal before bed.

---

## My If-Then Plans

If \_\_\_\_\_

then \_\_\_\_\_

If \_\_\_\_\_

then \_\_\_\_\_

---

If \_\_\_\_\_

then \_\_\_\_\_

## SECTION 6: THE 7-DAY MOMENTUM CHALLENGE

For the next 7 days, focus on consistency—not perfection.

Your goal is simple:

Show up.

### My Commitment

The habit I will complete each day is:

### Progress Tracker

Day 1 ☐

Day 2 ☐

Day 3 ☐

Day 4 ☐

Day 5 ☐

Day 6 ☐

Day 7 ☐

## Reflection

What did I learn about myself?

What felt easier than expected?

What challenges appeared?

## **SECTION 7: BECOMING THE PERSON YOU WANT TO BE**

Real change isn't about goals.

It's about identity.

The habits you repeat become the person you become.

### **Reflection**

Complete the following:

I am no longer someone who:

I am becoming someone who:

The habit that best represents this new identity is:

# YOUR 30-DAY MOMENTUM PLAN

Over the next 30 days I will focus on:

My daily habit is:

My weekly reset day is:

The identity I am building is:

## Final Reflection

You've now completed The Purposeful Life Reset Series.

You have:

- ✓ Gained clarity about your life
- ✓ Discovered what matters most
- ✓ Built a plan for consistent action

Most people never take the time to do this work.

You have.

The question now is:

Will you continue?

Because personal growth isn't a one-time event.

It's an ongoing practice.

The habits you build today become the life you experience tomorrow.

## What's Next?

### Continue Your Growth Journey

The Becoming Series was designed to help you build awareness, direction, and momentum.

But lasting transformation requires more than a workbook.

It requires structure.

Consistency.

Support.

And a system that helps you keep moving forward when motivation fades.

That's exactly what the Purposeful Personal Growth Mastery Membership was created for.

Inside, you'll find guided growth paths, monthly focus areas, practical tools, and a supportive framework designed to help you continue becoming the person you want to be.

Because clarity is only the beginning.

The real journey starts with consistent action.

## Part of The Becoming Series

Step 1: Clarity → Understand where you are

Step 2: Direction → Discover what matters

Step 3: Momentum → Build habits that create lasting change

Now it's time to continue the journey.