

PROGRAM

Momentum

Writing a Shift Statement

Momentum is designed to help you accelerate your work.*life* with new clarity, confidence, and connection. Week 1 is called Shift for a reason – to help you identify what YOU want to shift in your life during the next 8 weeks and beyond.

Let's get started!

Instructions

Sit in a quiet, comfortable spot and reflect on what's happening in your life now.

- Where do you feel stuck?
- Where do you feel movement or flow?
- What new skills do you want?
- Where do you want more clarity about your life and yourself?
- How do you want to feel more connected in your work and life?

Your Shift statement may change in the weeks ahead so don't over-think it or worry about writing a perfect statement. Also, avoid writing a statement that may look and sound good to others but is not true for you. Let it flow from you organically and authentically without judgment.

Examples

For inspiration see the examples below.

From...

Feeling imposter syndrome in my current role and unclear about my future.

**To...**

Knowing my strengths and feeling confident, clear, and excited about my path forward.

From...

Struggling to navigate challenging corporate dynamics and workplace politics

**To...**

Feeling empowered to navigate in the workplace and self-advocate for what I need.

Write your shift statement below.

Round 1

From...



To...

Round 2

From...



To...

Round 3

From...



To...

Reflection Questions

1. How does it feel in your body to read your statement out loud?

2. What excites you about your statement?

3. What scares you about your statement?

4. What support do you need?

Deeper Dive Materials

Guided Meditation

[3-minute guided meditation](#) on Shift by Wendy Horng Brawer

Mini Audiobook

[Today is Not Over Yet](#), a 31-minute free audiobook by Alexandra Franzen

Books

[Shift Happens](#) by Robert Holden, PHD

[Transitions](#) by William Bridges

