

THE MOMENTUM PROTOCOL

A Simple System for Building Consistent Progress

Why This Exists

Most people believe motivation creates action. In reality, action creates motivation. The goal is to build a system that works regardless of how motivated you feel.

Principle 1: Reduce Friction

When a task feels overwhelming, make it smaller. Success is measured by forward motion.

Principle 2: Manage Stimulation

Reduce distractions when focus drifts. Increase stimulation intentionally when energy drops.

Principle 3: Chase Momentum, Not Perfection

Ask 'How do I continue?' instead of 'How do I finish this?'

Principle 4: Track Evidence

What moved forward? What did I learn? What is the next action?

Principle 5: Trust the Process

Results emerge from accumulated action. Trust accumulation.

Daily Momentum Worksheet

Today's Focus: _____

Smallest Possible Action: _____

Next Physical Step: _____

What moved forward? _____

What did I learn? _____

What is the next action? _____

Final Thought

Do not focus on the distance remaining. Focus on maintaining forward motion.

Move. Learn. Adjust. Repeat.