



Momentum

Momentum is activity in the direction of who you are.

Why This Matters

Healthcare and leadership generate extraordinary motion. Packed calendars, full inboxes, meetings that begin before the previous one ends. But motion and momentum are not the same thing.

Momentum has a signature. You recognize it because it comes when you're working in alignment with who you are — not just busy, but aligned. Most of us know what it feels like. We just don't always protect it.

Not every day looks like momentum, and it doesn't need to. This practice is about learning to recognize your momentum signature so you notice when you're in it — and when you've been away from it too long.

Reflection Questions

What gives me energy at work — and when did I last feel it?

What drains me, and how much of my time does it take?

What felt like momentum this week?

Daily Practice:

At day's end, skip the productivity accounting. Ask: What felt like momentum today?

Bloom Beyond Reflection

One small step I will take this week: