

Practice 2

Momentum

Momentum is activity in the direction of purpose.



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. Most of us know what it feels like.

When we regularly reflect on what matters most, we are more likely to invest our time, energy, and attention in the things that truly move us forward.

Reflection Questions:

What gives me energy?

What drains me?

What feels meaningful right now?

Daily Practice:

At day's end ask: What did I do today that moved me toward purpose?

Bloom Beyond Reflection

One small step I will take this week: