

A BODY IN MOTION:

5 WAYS TO INCREASE YOUR PERSONAL COLLECTIVE MOMENTUM

If you wake up every day to find yourself going through the motions without feeling truly fulfilled, it's time to disrupt your environment and create your own momentum. To find a fresh take on improving a business through personal development, we went to John C. Neyland, president of JCN Financial & Tax Planning Group. John is also an in-demand speaker on how to live a purpose-driven life. A noted expert in this area, he has been featured in the *Wall Street Journal* and on NBC and ABC. John has made it his life's mission to inspire and teach others to enjoy a life they never thought possible. John reminds us, "Aligning your energy for collective momentum will allow you to live the life you've yet to dream."

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Jumpstart your day.

When you wake up and immediately turn to make your bed, you are telling your mind that rest time is over, and you have important things to do today. The physical action kick-starts or establishes momentum with the added instant gratification of a task completed immediately.



Speed of the leader, speed of the pack.

When you foster positive momentum in your pursuit of success, you create an energy that's larger than you. Modeling this sort of positive momentum will energize your business, inspiring others to improve their own momentum to keep up with you.



Treat yourself better.

Clear your brain and set a standard for your life by choosing to give it the fuel it needs to function in tip-top condition. Your body deserves healthy foods. Your brain fires better when you take care of yourself. When you raise the standard of how you treat yourself, you inspire the people around you to do the same.



Avoid the energy suckers.

Evaluate your life and see where you can eliminate negativity. Hide people on social media who spend all their time complaining. You don't have time for those thoughts in your day. Brainstorm ways you can cut out negativity from your life. Try decluttering your desk. By keeping your environment clean and fresh, your mindset will declutter as a result.



Help someone have a better day.

This one is really important. Every day, make it a point to *consciously* improve the day of at least one person. This can be as small a thing as really *asking* how their day is going, then *listening* to their response. People will shift their momentum and feel a lift from your sincere attention. You will be surprised at how good it makes *you* feel. You will instantly feel a lift in your own energy, giving you a momentum supercharge. Don't be surprised when you find yourself improving the day of *everyone* you meet. You'll feel so energized, you'll want to keep it flowing.

