

## Mark My Words! December 1, 2013

### Mark Schall Interviews Luke Iorio, CEO of iPEC Coaching about Creating and Sustaining Momentum

What a great interview I had tonight with Luke Iorio, CEO of iPEC Coaching, about creating momentum! Here a synopsis and some of the highlights.

To create momentum (Luke's Top Tips):

1. Create a clear, unified and aligned vision. Commit to it. What is the **one thing** that you can focus on that you are so passionate about that you get energy from doing it? Focus only on that. This prevents overwhelm.
2. Write out, your goal., share it. You'll begin to feel pulled forward to it. Share it with 2 or 3 supportive people who will hold you accountable. Supportive people who truly see you for who you are and believe in you. Share your wins with them as they occur along the way.
3. Acknowledge what's being achieved as it's being achieved. Celebrate with those you shared your vision with. Track your progress. Identify milestones. Create contingency plans for the bumps and potholes. Define what it will look and feel like when my momentum is broken. Answer the question: "What will I do about it when my momentum gets broken?"
4. Surround yourself with supportive people at all times. Again, these are people who see you for who you are and support you unconditionally.
5. Remember when you start doubting yourself, that's just fear testing you. It's normal. Refocus, recommit, realign.
6. If Plan A doesn't work, there are 25 other letters in the alphabet!

If you'd like to hear the entire interview,  
click: <http://www.blogtalkradio.com/lifecoachradionetwork/2013/12/02/mark-my-words-with-certified-life-and-business-coach-mark-schall>

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