



Momentum Analysis

Good leaders know **goodness pays**® when people thrive together in a culture of encouragement, healthy accountability and positive teamwork. This tool identifies the most dynamic forces of momentum - positive and negative, internal and external – that require our team's focus and attention to create meaningful progress toward our vision.

Instructions: Work together to fill in each of the four boxes beginning with number 1. Refine your observations to include the same number of items in each box.

Name: _____

Date: _____

	Positive Momentum (Helping Us)	Negative Momentum (Holding Us Back)
Internal	1 	2 
External	4	3

Coaching Questions

- 1: What information created the most healthy tension?
- 2: Which items deserve our highest priority attention?
- 3: How does this momentum analysis align with or conflict with our strategies?