

The Momentum Check-In

A short reset for keeping work moving over time

When to Use This Tool

Use this when:

- Work is moving, but you want to keep it that way
- Progress feels uneven or at risk of slowing down
- Priorities are starting to blur again
- You want a lightweight way to stay aligned without over-managing

This tool helps teams catch drift early and maintain momentum.

1. What is moving well right now?

Be specific.

What progress has been made?

What feels easier or clearer than before?



2. Where is momentum starting to slow?

Look for early signals.

What feels heavier again?

What is taking longer than it should?

3. What is starting to drift?

Consider: priorities, ownership, timelines, expectations

Where are things becoming less clear?

4. What needs to be reset now?

Keep this small and actionable.

What is one conversation, decision, or adjustment that would help work move more easily again?

5. What will we do this week to keep momentum strong?

Momentum is easier to maintain than to rebuild.