



A TIGNEY SOLUTIONS INSTITUTE COACHES STRATEGIC MASTERMIND GROUP DECEMBER NEWSLETTER

FROM THE MASTER COACH

Intentional Momentum That Brings Manifestation Master Coach Arthur W. Tigney, Jr.

As we are closing our 2018 and assessing the year, we will see there are some things we accomplished and some things we didn't. In some cases, there were things that remained a thought or a note jotted in a journal. Now is not the time to beat yourself up or soak in regret. It really is the time to be intentional about your intentions over the next few weeks and going into the new year.... Starting now! When setting goals or 2019, be careful not to set goals because it sounds good; but make sure your energy and purpose aligns with the goals you set. To often people set goals based on a feeling or lofty self-opinion of themselves, but they don't carry any substance to carry them out.

Momentum denotes movement. You must move "from" one place "to" another. When setting goals intentional momentum is key. If you are not intentional with your moves, choices, and connections you run the risk of moving in circles thus finding yourself in the same place this time next year.

Dr. Rick Daniels, KIA Founder and Marketplace Leader, gave a very timing and provoking teaching on his daily Morning Motivation regarding "Manifesting Momentum for a Millionaire Future." I want to empower you with a few keys from that teaching that can help release you into intentional momentum and the manifestation of your goals.



Intentional Momentum That Brings Manifestation (Cont.)

1. Reassess this year's outcome (Consider a reassessment party, group or partner)
 - o What went well?
 - o Can you see progress?
 - o What will you adjust to get a goal manifested?
 - o RE-set goals and delete disappointment or condemnation
2. Synchronize your mind, body, spirit with the momentum
 - o How we handle momentum determines the level of manifestation we will see.
 - o Manifested goals require intentional habits, meditations, and perception.
3. Be intentional about your intention
 - o Break out of the hesitation and indecision trap
 - o Become aware of the possibilities in your present
 - o Go from brain storming to rainmaking
4. There is power in baby steps
 - o Write down your goals into smaller easily achieved action
 - o Find a formula.... repeat and reward
 - o Establish Minimum Doable Daily Action - MDDA
 - o Small success builds large self-esteem = Greater success



A TIGNEY SOLUTIONS INSTITUTE PRESENTS **COACHES STRATEGIC MASTER-MIND GROUP**

1ST THURSDAYS AT
6PM - 7PM ARIZONA TIME

Via Zoom Video Conference
(The link is provided to paid subscribers)

YOUR MONTHLY SUBSCRIPTION AFFORDS YOU:

- ✓ A monthly strategic newsletter to keep your practice growing
- ✓ Updates and opportunities on continuing education and in the field of coaching.
- ✓ Two 30-minute mentor coaching sessions a month (mentor coaches)
- ✓ Monthly forum for strategy, support, and practice sustainability
- ✓ Referral System
- ✓ Discounts on training, conferences, and meet-ups

\$50
PER MONTH

Subscribe Today at
www.TucsonBibleCollege.org

ATigney Solutions Coaching Group is here to help you in the journey toward manifestation. Schedule your reassessment appointment today with your mentor coach. The individual and collaborative support positions you for Intentional Momentum That Brings Manifestation. Finish the year strong and start next year stronger! Merry Christmas and Happy New Year.

Questions?

Contact Chanise Gilliam at A Tigney Solutions Institute. Access all tools and previous CSMG recordings directly through her.