

Week 1 Quiz: Technology Mindset Quiz

What's your current mindset around technology? To find out, start by completing the quiz below. Rate each item on a scale from 1 to 5, where 1 is "Strongly Disagree" and 5 is "Strongly Agree." Then total your ratings, including subtotals for each area of focus, and review the scoring analysis on the following pages.

After Week 4, return to the quiz, grab a pen in a different color, and retake the quiz. You can write your score in the "Week 4: Progress Check" space below each category total.

SELF EVALUATION	RATING (5=STRONGLY AGREE)
CURRENT GOALS	
1. I have identified the problems I face which could be addressed by technology.	1 2 3 4 5
2. I'm interested in learning what else my technology could do for me and my workflow.	1 2 3 4 5
3. I regularly research new technology.	1 2 3 4 5
4. My current technology goals are on target.	1 2 3 4 5
TOTAL FOR CURRENT GOALS	
<i>Week 4: Progress Check</i>	
PRIMARY ENGINES	
5. I am satisfied with my current email client and email use.	1 2 3 4 5
6. The way I use my calendar does a good job of keeping me organized and on schedule.	1 2 3 4 5
7. My current to-do list is an effective tool which keeps my production engine running.	1 2 3 4 5
8. My project tracker keeps my team on task and on deadline.	1 2 3 4 5
TOTAL FOR PRIMARY ENGINES	
<i>Week 4: Progress Check</i>	

Meeting Mindset Quiz

	RATING (5=STRONGLY AGREE)
QUALITY OF LIFE	
9. My technology allows me to prioritize health and fitness.	1 2 3 4 5
10. Technology helps me do the things I enjoy and have fun.	1 2 3 4 5
11. When it comes to brain training and meditation, technology makes a positive impact.	1 2 3 4 5
12. I use technology to continue to learn and grow.	1 2 3 4 5
TOTAL FOR QUALITY OF LIFE	
<i>Week 4: Progress Check</i>	
KEEPING SAFE	
13. I have one or more backups.	1 2 3 4 5
14. I make it a priority to back up my technology tools.	1 2 3 4 5
15. I have tested my recent backups.	1 2 3 4 5
16. I feel confident that my content and devices are safe and secure.	1 2 3 4 5
TOTAL FOR KEEPING SAFE	
<i>Week 4: Progress Check</i>	

Scoring Analysis

Review your scores for each of the four areas of focus (i.e., Current Technology, Primary Engines, Quality of Life, and Keeping Safe).

CURRENT TECHNOLOGY

If you scored 16 or above, you already have exceptional technology habits. If you scored 15 or below, you may be losing valuable time and dollars struggling with things that technology can assist you with. It may be time to identify your problems and discover how technology can make things easier for you.

PRIMARY ENGINES

If you scored 16 or above in this area, you've chosen good technology tools. If you scored 15 or below, you may have an opportunity to explore some new technology tools. Just imagine all the time you can save and the hassles you might avoid in the long run!

QUALITY OF LIFE

If you scored 16 or above in this area, you know how important it is to maintain a healthy work-life balance. Bravo for maximizing technology to maximize your life! If you scored 15 or below, it may be time to find out how technology can help you become a happier, healthier you. Use the tools in this module to discover how technology can impact your approach to a better life.

KEEPING SAFE

If you scored 16 or above in this area, you know how important it is protect your "intellectual equity." If you scored 15 or below, you may not realize how imperative it is to keep your data safe. Schedule regular backups now. Don't wait until after you have a technology disaster to take precautions.

Get Momentum Leadership Academy

Overview and Description of the Membership Program



"Get Momentum is a highly-personalized online coaching program in response to the need for continuous, lifelong learning among professionals in today's working world."

Our mission is to educate, inspire and empower leaders to learn and apply the skills and mindset necessary to build great systems, products, teams and organizations."

— **Jason and Jodi Womack**
cofounders, www.GetMomentum.com



What GET MOMENTUM Provides:

We provide leaders with wisdom, strategies and specific leadership tactics tailored for today's workplace. Over the course of a year, we will teach you the tools and technology to do your work more effectively at a higher level of professionalism and quality.

You'll gain *momentum* as you move from ideas to action to results.

Each month, you access the training materials and bonus resources to up-level your leadership mindset, skill-set and tool kit. With each Monthly Momentum Theme, we provide you with coursework that supports you as a leader, managing multiple projects and teams of employees.

The **Get Momentum** Academy makes 2 assumptions:

- (1) you are currently in a position of leadership, influencing the workflow and prioritization of teams of people, and
- (2) within 12-24 months the project complexity and team makeup you manage will change.

The **Get Momentum** program is designed to provide you with world-class information and one-on-one coaching to support your professional development needs and goals.

Each part of the training course is offered in a variety of learning modes.

For example, you can call in and actively participate in the Master Class webinar every month, watch a recording of that presentation later, and listen to the audio track on your phone or MP3 player.

As you have time on your commute or at night after the day has quieted down, you'll have the options that work best for how you prefer to learn.

*"Jason Womack has emerged as a new and exciting voice in the world of professional development. **YOUR BEST JUST GOT BETTER** offers an action-oriented and powerful set of resources leaders can use to improve themselves and help others achieve their greater potential."*

- Daniel H. Pink
author of *Drive* and *To Sell Is Human*

When you join Get Momentum, you gain access to:

1. The Momentum Master Class

Attend the Master Class from your office or home computer or your tablet or smart phone. The live course is co-facilitated by your coaches, Jason and Jodi Womack. Send in questions prior to the event as well as have live interaction during the class by submitting comments and actively engaging in the Q&A. We deliver a custom Master Class each month, with concise and practical insights on the leadership theme that you're studying that month. The Master Class presentation is recorded and archived so you can watch it later.

2. The Momentum Module

Each module consists of a mini-course workbook (printable PDF) with practical ideas that transform your leadership skills (see the curriculum, pages 4-6). You'll complete the activities in the workbook with directed, week-by-week guidance. We make each activity immediately practical, so you can practice it and make progress on that leadership skill.

3. The Momentum Virtual #CoffeeChats

Twice a month we host a "virtual #CoffeeChat." Think of a college professor's "office hours" where you can stop by and talk about what's going on. These informal and friendly conversations get members to know one another and share wins and request support. Call or video in to the Virtual #CoffeeChats.

4. The Momentum Community

Join the Private, Member's-Only Online Discussion Forum. This community is active and supportive in sharing information as well as personal experiences of success (and setbacks). Members ask questions on a variety of topics like implementing new technology, building the capacity of team members and setting personal and professional goals. The forum is a safe and professional place to share and feel the value of the community support. The forum is monitored and facilitated by your Get Momentum coaches.

5. *Premium Only* One-On-One Executive Coaching Call

During the private coaching call with your Get Momentum Coaches, you review your goals based on the leadership trait you're focused on that month. During the call, we'll make recommendations that you can use immediately to save time, work on your priorities and be a better leader. This is the secret to Momentum: to work with coaches who hold you accountable to what you said you'd do so you make consistent progress on your goals.

12 Month Leadership Curriculum

1. Meetings: Lead Efficient & Effective Meetings

Save time and money by conducting more productive meetings with internal team members, external clients and vendors. Learn how to efficiently plan for and facilitate meetings. Practice effective follow up after your meetings to build teams and improve communication.

Outcome: Skills to manage meetings better.

2. Technology: Be More Productive With Technology

Basic “productivity” tools such as paper notebooks, email and smart phones are at the epicenter of our work AND personal lives. Leaders who don’t trip over their tools will gain time and focus to direct toward their priorities.

Outcome: Tools to maximize your gear, stay connected, and be more productive.

“I’ve known Jason for over 8 years. We’ve used him to train executives at General Mills, I’ve had him speak to my Leadership class for the University of Minnesota Executive MBA program, and I’ve benefitted first hand from his coaching.”

Kevin D. Wilde, Chief Learning Officer, General Mills.
Executive Leadership Fellow, Carlson School of Management, University of Minnesota

3. Wellness: Create a Wellness Advantage

Those who study the foundations of wellness - health, fitness, nutrition and sleep - lead better and are more productive. By addressing the basics of how food, nutrition, movement and fitness impact your productivity, you’ll be a better sustainable leader.

Outcome: Routines to be healthy.

4. Time: Manage Your Time Efficiently

Effective and efficient time management is key to every successful leader. Leaders must understand the psychological, sociological and technological factors that impact their ability to manage time.

Outcome: Skills managers practice to regain 60+ minutes/day.

12 Month Leadership Curriculum (continued)

5. *Presenting: Present Like a Pro*

Every day you have the opportunity to “share what you know,” on a stage in front of a large audience, in a conference room with senior leaders or on the phone with one person. The ability to present effectively in each of these settings will make you money.

Outcome: Ways to be a better presenter and command the stage.

6. *People: Understand and Motivate People*

People look to leaders for guidance, counsel and feedback. You’re in a position to influence not just the productivity of those around you, but also their overall buy-in to the mission and direction of the organization.

Outcome: Ways to influence and motivate.

“*Get Momentum* is exactly the kind of tool we need to help us work most effectively—in life and at work.”

Frances Hesselbein, CEO, Leader to Leader Institute

7. *Resilience: How to Be Resilient*

Effective and efficient leaders know there is a tight connection between maximum productive behavior, overall well-being and stress management. A resilient leader focuses every day physical, psychological and emotional health practices. Knowing how to manage their own stressors makes it possible to be a better, more compassionate and empathetic leader.

Outcome: Resilience skills you can use to experience less stress.

8. *Team-Building: Empower Your Team*

Success - in life and at work - requires that you are able to work effectively AND efficiently with those around you. In order to go far AND fast, you need to lead people using specific empowerment techniques that build others’ self-efficacy while simultaneously encouraging them to step in to and up to ever increasing challenges.

Outcome: Tactics to use weekly that empower your teams to be more effective.

12 Month Leadership Curriculum (continued)

9. *The Whole Leader: Lead Strategically/Work Tactically*

Strategic: the long-term or overall aims and interests. Leadership: the act of leading a group of people or an organization. Leaders who spend time focused on the future, are better able to manage and direct what needs to be done in the short and mid-term. Working this way gives you time to think.

Outcome: Ways to build strategic thinking habits.

10. *Productive Habits: Build Better Habits & Routines*

Your “productive day” starts long before your alarm clock jolts you awake in the morning. What you do before you fall asleep, what you eat for dinner, what you talk about on your way home, how you end your day before you leave the office...

Outcome: How to improve your habits and change your routines.

“The most valuable component of Get Momentum are my monthly calls with Jodi. She helps me stay accountable and provides tangible encouragement. She also provides resources and information that is personalized and relevant to me.”

Ariana Friedlander, Founder, Rosabella Consulting, LLC
Get Momentum Member since October 2014

11. *Find Your People: Build Meaningful Relationships*

Every day, you’re being positively (encouraged) or negatively (distracted) influenced by the few people you call friends, family and colleagues. People you spend the most time with will have the biggest impact on your professional life and your personal experiences.

Outcome: Ways to take your grow your network with influential people.

12. *Innovation: Creativity and Innovation in Leadership*

Innovation: Creative ideas implemented successfully. Your success as a leader to your team, and organization is tied directly to your ability to change, assimilate, and innovate.

Outcome: Learn how to think more creatively and drive innovation.

The Perks

In addition to the curricula and time with the members and coaches, you receive access to curated resources that help you work at your best. Perks included with your membership:

getABSTRACT BOOK SUMMARIES

(\$90 value, 3 months of Gold Level membership)

3-month access to the library of 5-page PDF summaries of more than 10,000 of the best books essential to growth in your job and career. And, there are also summaries in audio format to listen to "on the go." Read more. Included with the Professional and Premium memberships.

DESK YOGI

(\$45 value, 3-month membership)

Turn your workstation into a Wellness station. Instant access to expert teachers and over 200 courses on mindfulness, yoga, strength training and meditation that you can do from your workspace. Great leaders take care of themselves, even when they're busy. Included with the Professional and Premium memberships.

TIME MANAGEMENT MAGAZINE

(\$8 value, quarterly subscription)

Subscription to Time Management Magazine to gain the guidance of the world's foremost productivity experts at your fingertips on your OS or Android device. Included with the Professional and Premium memberships.

YOUR BEST JUST GOT BETTER: Work Smarter, Think Bigger, Make More

(Wiley, 2012) by Jason W. Womack.

(\$75 value)

You get three signed hardcover copies of Jason's bestselling book for your library, and to pass along as gifts to mentees, colleagues, family and friends. Included with the Professional and Premium memberships.

BONUS COURSES

(\$179 value, each)

In addition to the monthly theme, the Bonus Courses are available to dive deeper into specific skill and tools such as Outlook, iPhone and overall productivity boosts! We add 2-3 courses a year to this video library. Open to all levels of membership.