MIND / BODY / MONEY

START. COMMIT. RISE.

20 PRINTABLE MOMENTUM CARDS

Original reminders for focus, recovery, discipline, and forward motion

Print them. Post them. Keep the right instruction in view.

MBM ORIGINAL SYSTEM

Created by Latee Mclean

Use the cards where decisions happen

Cut along the card edges and place one near your desk, mirror, wallet, dashboard, or training space. Change the card whenever the reminder becomes automatic.

MBM / 01

A clear direction turns ordinary effort into momentum.

START. COMMIT. RISE.

MBM / 02

The promise you keep in private becomes confidence in public.

START. COMMIT. RISE.

MBM / 03

You do not need a new life today. You need one honest next move.

START. COMMIT. RISE.

MBM / 04

Discipline begins when the conversation with your excuse ends.

START. COMMIT. RISE.

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