

The Flywheel Effect

How small consistent actions build the momentum that changes everything.

KEY CONCEPT

Momentum does not come from one massive action. It comes from small consistent pushes over time that eventually compound into something unstoppable. Every push matters, because they are all building toward the moment when the flywheel finally starts to turn on its own. Most people quit before they ever feel it move.

SMALL ACTIONS COMPOUND

Breakthroughs feel like they happened overnight. They did not. They are the result of dozens of invisible pushes that happened long before anyone was watching. Every small action is a push on the wheel.

CONSISTENCY IS THE KEY

Bursts of intensity do not build momentum. Consistency does. You cannot push hard for two weeks, disappear for three, and expect the wheel to keep turning. It has to be every day, even when you cannot feel it working yet.

ACTION BEFORE CONFIDENCE

Waiting until you feel ready is how the wheel never gets started. Confidence is built through courageous action, consistent repetition and growing competency. In that order, every single time.

KEY TAKEAWAY

The gap between where you are and where you want to be is not a knowledge gap. It is an action gap. You do not need more information. You need the next push, and then the one after that, until the wheel starts moving on its own.

REFLECTION QUESTIONS

- Where do you have momentum right now? What consistent actions created it?

- Where have you lost momentum? What consistent action slipped, and when did it happen?

- Where are you waiting to feel ready before you start pushing? What would change if you started now?

- Where have you confused learning with progress? What knowledge are you sitting on that you have not acted on?

- What is the one consistent daily action that would move the needle most right now? What does your flywheel look like 90 days from now if you push it every single day starting today?

MY NEXT PUSH

Write the one specific action you are committing to every day for the next 30 days. Small enough to do without exception. Significant enough to matter when it compounds.

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