Q3 REVIEW & Q4 RESET MOMENTUM SCORECARD

The Momentum Manifesto Companion Workbook — Acquire Clarity to Strategize Smartly

Live Session Companion | Hosted by Sara Basloe & Michele Sokoloff

Follows the Q3 Review & Q4 Reset webinar outline, Segments 3–7, in order.

SEGMENT 3 (10 MIN) • ACQUIRE CLARITY — Q3 Truth

Manifesto Step 1 | Lead: Sara | Relive the Wins, Confront the Static

Relive the Wins of Q3 2026

A. Your Q3 Magic Moments — the wins, breakthroughs, or unexpected gifts of the last three months.

B. Your Q3 achievements — the ones that mattered to you, whether or not anyone else noticed.

C. What do you want to duplicate in Q4?

Confront the Static of Q3 2026

A. The challenges or friction you faced in Q3.

B. What do you want to leave behind for the final stretch of 2026?

C. What valuable lesson did Q3 teach you?

> ***"Clarity isn't found by pushing harder. It's found by finally being honest, gently, with yourself."***

SEGMENT 4 (8 MIN) • FOSTER CONVICTION — Recall Achievements, Break Down Barriers

Manifesto Step 2 | Lead: Michele

Recall Q3 Achievements

A. A goal, dream, or decision from Q3 that seemed unlikely at the time.

B. Circle it — the one that felt least likely to actually happen.

Break Down the Barriers

A. Outline the steps that actually turned that goal into reality — even the messy, non-linear ones.

B. Unearth the process — from the initial decision to what actually got you there.

> ***"You are not starting Q4 from zero. You are starting it with three-quarters of a year's worth of proof."***

SEGMENT 5 (8 MIN) • IGNITE ENTHUSIASM & SHARPEN FOCUS

Manifesto Steps 3 & 4 | Lead: Sara & Michele | Dream Big for the Finish Line

Dream Without Limits for Q4

Let the pen flow. Don't pre-judge any option — just capture it. You can sort later.

Financial

Personal Development

Physical

Relationship

Contribution

Prioritize & Set Timelines

A. Assign a timeframe to each idea above — by end of Q4, or honestly set aside for 2027.

B. Circle the ONE Q4 goal that ignites the most excitement — not the most obligation.

Sharpen Focus

Your one sharpened Q4 priority — write it as a feeling as much as a target.

> ***“Enthusiasm is not optional, especially in the fourth quarter. A goal you don't feel is a goal you won't finish.”***

SEGMENT 6 (4 MIN) • EMBRACE COMMITMENT & PROPEL MOMENTUM

Manifesto Steps 5 & 6 | Lead: Michele | CEO Reset Council Seed

Establish the Must

Why is your Q4 priority a must, not a maybe, with this little time left on the clock?

Confront the Challenge

What's the one task — crucial but not enjoyable — this priority requires of you?

Immediate Action

A. One small action toward your priority you can take this week.

B. One significant, meaningful step you're willing to commit to before Thanksgiving.

> ***"A must doesn't need motivation. It needs momentum — and momentum is easier to keep when you're not carrying it alone."***

This is the moment your facilitator introduces CEO Reset Council as the trusted circle that holds this commitment alive through year-end.

SEGMENT 7 (5 MIN) • STRATEGIZE SMARTLY — Your Q4 GPS Plan

Manifesto Step 7 | Lead: Sara | Homework: Complete within 24 hours

Consistent Measurement

How will you track progress on this priority — daily or weekly?

Your GPS Action Plan

GOAL — Restate your one sharpened priority for Q4.

PURPOSE — Why does this goal matter to you? How will achieving it change your life — and who else does it touch?

STRATEGY — List the actions that will move you toward it, organized by month, then week, then day, through December 31st. This is your map, not a guess.

> ***"You already have the wisdom. You've had it since January. Today we just remembered it together."***

PULSE CHECK • MOMENTUM SCORE (1–10)

Clarity	Focus	Energy	Team	Execution

FINAL DECLARATION

“I am not carrying Q3 into Q4. I decide what matters. I eliminate what doesn't. I finish this year with clarity, focus, and discipline.”

“Embark on this next chapter armed with the wisdom you already possess. The power of momentum is waiting for your command — for the rest of 2026.”

Signature: Date:

NEXT STEP

You need structure, accountability, and consistent focus for the final stretch. That's exactly what we build inside **CEO Reset Council** — a trusted community for executives, entrepreneurs, and high-performing leaders, through group coaching and individualized coaching.

Learn more & connect with us: **ceoresetcouncil.com**