Momentum Score Worksheet

An AI self-assessment companion for From Ambition To Action PLR.

Score yourself honestly in each area, from 1 (never true) to 5 (always true). Add up your scores at the end. This is an original Pickzox worksheet, inspired by the eight areas in the From Ambition To Action AI Self-Assessment. It is not a copy of the vendor assessment.

1. Follow-Through

Statement	Score (1-5)
I finish the work I plan for the day.	___ / 5
My finished work matches my written plans.	___ / 5
I can point to proof of progress each week.	___ / 5

2. Priority Focus

Statement	Score (1-5)
I know my three most important priorities right now.	___ / 5
I work on a top priority before I check messages.	___ / 5
I say no to tasks that are not on my priority list.	___ / 5

3. Starting Easily

Statement	Score (1-5)
I can start a task within two minutes of deciding to do it.	___ / 5
I link new habits to something I already do daily.	___ / 5
My workspace makes starting easier than putting things off.	___ / 5

4. Low-Energy Days

Statement	Score (1-5)
I have a smaller plan ready for tired or busy days.	___ / 5
I still do one small step on a low-energy day.	___ / 5
I never let a busy day slide back to zero.	___ / 5

5. Bounce-Back After Disruption

Statement	Score (1-5)

I restart quickly after a missed day, without guilt.	___ / 5
I do not try to catch up on everything I missed.	___ / 5
One rough week does not derail my whole month.	___ / 5

6. Daily Action

Statement	Score (1-5)
I set one daily goal I can control and finish.	___ / 5
Each day ends with a clear yes, I did it.	___ / 5
I sort urgent tasks by what comes first, not by noise.	___ / 5

7. Weekly Review

Statement	Score (1-5)
I review each week and note what worked.	___ / 5
I adjust next week based on the review, not on feelings.	___ / 5
I protect rest time in my weekly plan.	___ / 5

8. Sustainable Pace

Statement	Score (1-5)
My pace is one I can keep for months, not days.	___ / 5
I spot fake work that eats time without moving goals.	___ / 5
I pace big goals over months instead of rushing them.	___ / 5

Your Momentum Score

Add your eight area totals. Each area is out of 15, so your full score is out of 120.

Total score	What it means
96 - 120	Strong momentum. Keep your system and protect it.
72 - 95	Good base. Fix your lowest-scoring area first.
48 - 71	Stuck in places. Pick one area and work on it for 30 days.
Below 48	Time to reset. Choose three priorities and start small.

My lowest area: _____

My one change this week: _____

Re-take this worksheet in 30 days and compare your scores.

This bonus was created by Pickzox. It is an original companion worksheet, not vendor material, and it is free to use with your copy of From Ambition To Action PLR.