



# 5 QUESTIONS TO GET UNSTUCK

*Right now!*

A Guide to Clarity,  
Action, and Momentum

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# Welcome!



*If you've ever felt stuck, overwhelmed, or unsure of your next step, you're in the right place. This guide is here to help you break through the mental clutter and gain the clarity you need to move forward.*

*By working through these five simple but powerful questions, you'll uncover your focus, create actionable steps, and build momentum toward your goals..*

*This interactive guide is designed for reflection and action. Start with a brain dump to explore your thoughts, then turn them into a clear statement. Finally, combine your answers into a personalized Momentum Manifesto—a declaration of your next steps and your commitment to progress.*

***Remember, clarity creates momentum. Take your time, trust the process, and let's get started!***



# What's the most pressing challenge or opportunity in my life right now?

## WHY THIS QUESTION MATTERS...

This question focuses your energy on what truly matters, helping you gain clarity and take intentional action.

**PROMPT:** Consider what's been taking up your mental space recently. What challenge or opportunity feels most urgent or significant to focus on right now?



## STATEMENT CREATION: START WITH REFLECTION

*From your brain dump, write a clear sentence that captures your focus."*

*Example: 'I am focused on overcoming self-doubt to pursue my creative goals.'*




# Why does this matter, and how does it align with my values or goals?

## WHY THIS QUESTION MATTERS...

Understanding why something matters connects your actions to your values, ensuring you're moving in alignment with what's most meaningful to you.

**PROMPT:** Reflect on the challenge or opportunity you chose. Why does it matter to you? How does it connect with your values or long-term goals?

 **BRAIN DUMP**

## STATEMENT CREATION: ALIGN WITH VALUES

Summarize why this focus matters to you in one sentence.



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Example: 'This matters to me because creativity is core to who I am, and I want to build a life aligned with my values.'



Choose one small, intentional action that reflects this value or goal and incorporate it into your routine today.

# *What's one obstacle or roadblock that's currently holding me back?*

## WHY THIS QUESTION MATTERS...

Identifying your roadblocks gives you the power to face them head-on, breaking them down into manageable steps.

**PROMPT:** What's standing in your way right now? Is it an external challenge (like time or resources) or an internal one (like self-doubt or fear)?



## STATEMENT CREATION: ADDRESS OBSTACLES

*Write a clear sentence naming the biggest obstacle and how you plan to address it.*

*Example: 'The biggest obstacle holding me back is fear of failure, and I will address it by breaking my goals into manageable steps.'*



# What's one action I can take right now to address this obstacle?

## WHY THIS QUESTION MATTERS...

Momentum begins with action. Identifying a clear next step helps you shift from overthinking to purposeful movement.

**PROMPT:** What's one practical step you can take right now to start moving past the obstacle you identified?



## STATEMENT CREATION: COMMIT TO ACTION

Write one sentence describing the first action step you'll take.

Example: 'The first step I will take is to set aside 30 minutes tomorrow to outline my creative project.'




# Who or what can help me stay on track as I move forward?

## WHY THIS QUESTION MATTERS...

Having the right support makes progress sustainable. Identifying your resources ensures you stay accountable and focused.

**PROMPT:** Think about your support system. Who or what can keep you accountable as you move forward—whether it's a person, a tool, or a routine?

 **BRAIN DUMP**

*(This area is intended for a student's brain dump response.)*

## STATEMENT CREATION: EMBRACE SUPPORT

*Write one sentence identifying the support system or resource that will help you stay on track.*

*Example: 'I will stay on track by seeking feedback from a trusted friend and reminding myself of my progress.'*



*Identify one accountability partner or resource you can connect with today to support your journey, and take action to initiate that connection.*

# YOUR MOMENTUM MANIFESTO

A DECLARATION OF YOUR CLARITY, ACTIONS,  
AND COMMITMENT TO PROGRESS.

DATE \_\_\_ / \_\_\_ / \_\_\_

You've worked through these five questions—now it's time to bring your insights together into your personalized Momentum Manifesto. Think of it as your compass: a clear, actionable declaration of your goals and the steps to get there. Whenever you feel stuck or need inspiration, return to it to refocus and move forward.

## 1 REFLECTION

"I'm currently focused on \_\_\_\_\_ because it aligns with \_\_\_\_\_."

## 2 VALUES ALIGNMENT

"This matters to me because \_\_\_\_\_, and it reflects my core values of \_\_\_\_\_."

## 3 OVERCOMING OBSTACLES

"I know \_\_\_\_\_ has been holding me back, but I'm ready to overcome it by \_\_\_\_\_."

## 4 NEXT STEPS

"My next step is \_\_\_\_\_, and I'll take it by \_\_\_\_\_."

## 5 SUPPORT SYSTEM

"I'll stay on track with the help of \_\_\_\_\_ and by reminding myself of \_\_\_\_\_."





# YOUR MOMENTUM MANIFESTO

A DECLARATION OF YOUR CLARITY, ACTIONS,  
AND COMMITMENT TO PROGRESS.

DATE \_\_\_ / \_\_\_ / \_\_\_

"I'm focused on \_\_\_\_\_ because it aligns with \_\_\_\_\_, which are essential to me. This is important because \_\_\_\_\_ and reflects my values of \_\_\_\_\_. I know \_\_\_\_\_ has been a challenge, but I'm committed to overcoming it by \_\_\_\_\_. My next step is to \_\_\_\_\_, and I'll do it by \_\_\_\_\_. To stay on track, I'll rely on \_\_\_\_\_ and remind myself of \_\_\_\_\_ as I move forward."

**NOW MAKE IT YOUR OWN**  
**ADD AFFIRMATIONS, DOODLES, OR A PERSONAL MANTRA**

Clarity creates momentum. You've already started—now keep going!



# YOUR NEXT STEP

*Starts here!*

**THE REAL WORK BEGINS NOW.**

You've crafted your Momentum Manifesto—but the real transformation happens when you put it into action. If you're ready to take aligned action and build unstoppable momentum, let's work together to make it happen.



**EXPLORE COACHING OPTIONS**

**LET'S WORK TOGETHER!**

Prefer weekly inspiration? [JOIN MY NEWSLETTER](#) for tips, reflections, and strategies to keep your momentum going.

Your journey is yours to create. Keep building momentum—you've got this!

**CROWN'D**  
COLLECTIVE

