

The Momentum MAP

Your Personal Guide to Creative
Grace & Growth



You're allowed to begin again as many times as it takes. That's not failure—*that's becoming.*

Imagine you're looking at yourself through heart-shaped glasses. It's time to give yourself GRACE.

1: Where are you now?

 *Choose your current zone:*

- ☐ I'm stuck and don't know where to begin
- ☐ I'm overwhelmed and need to simplify
- ☐ I'm mid-project but losing steam
- ☐ I'm ready to begin again—with grace
- ☐ Other _____

2: What do you need most today?

 *Check one or more:*

- ☐ Clarity
- ☐ Energy
- ☐ Encouragement
- ☐ Structure
- ☐ Permission to rest

3: Your Small Step

 *Choose just one thing to do today:*

- ☐ Write 100 words
- ☐ Edit one page
- ☐ Brainstorm one scene
- ☐ Reflect on my character's need
- ☐ Freewrite for 5 minutes
- ☐ Something kind for myself:

4: Anchor it with intention

 *Today, my creative mantra is:*

(Examples: "Progress, not perfection." "One sentence at a time." "My story matters.")

Before you step into your writing today, pause for a moment and let your story speak back to you. Momentum isn't just about movement—it's about alignment. This page is your bridge from reflection into creation. Use it to reconnect with the heart of the tale you're telling, so that when you turn the page—literally or figuratively—you're stepping forward with clarity, intention, and creative grace.

1: My current story stage...

- ☐ Planning
- ☐ Drafting
- ☐ Revising
- ☐ Resting

2: What my story needs next is...

- ☐ A fresh scene
- ☐ A character deep dive
- ☐ A plot twist
- ☐ A bit of worldbuilding
- ☐ Time away to refill my well

3: Writing Prompt

✍️ Write a scene where your character is already in motion—physically, emotionally, or situationally. No setup. Drop us into the moment.

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When you're done exploring these questions, take a breath and step into your draft. Your story is waiting. Pick the scene that feels closest, warmest, or easiest—and begin there. No pressure. Just presence.

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A collection of 20 empty rounded rectangular boxes arranged in a grid-like pattern, intended for a matching exercise. The boxes are organized into five rows: the first row has 5 boxes, the second and fourth rows have 4 boxes each, and the third and fifth rows have 5 boxes each. The boxes are arranged in a staggered fashion, with some boxes in one row aligned with the gaps between boxes in the rows above and below.