KindNova

GROWTH & NEW BEGINNINGS

The Momentum Menu

A choose-your-own-pace guide for moving forward without relying on motivation, pressure or perfect energy.

A free KindNova reflection guide

Printable + digitally fillable • Personal growth resource

1. Choose Today's Pace

You do not need the same amount of energy every day. Sustainable momentum means matching the move to the capacity you actually have.

LOW ENERGY

KEEP IT TINY

Open the document. Write one sentence. Send one message. Put one item away. Decide only the next step.

STEADY ENERGY

BUILD A LITTLE

Work for 15 minutes. Make a short list. Finish one small task. Ask for help. Prepare what you need for tomorrow.

BRAVE ENERGY

USE THE WINDOW

Have the conversation. Submit the thing. Make the booking. Start the first draft. Take the step you have been circling.

MY PACE TODAY

- [ ] Low
- [ ] Steady
- [ ] Brave

2. Pick From the Time Menu

When time feels scarce, choose a move that fits the time you actually have.
Small completed steps create evidence that you can keep going.

5 MINUTES

- [ ] Name the next step
- [ ] Put one thing where it belongs
- [ ] Open what you need
- [ ] Write the first line
- [ ] Send one message

MY OWN

15 MINUTES

- [ ] Brain-dump the task
- [ ] Make a rough outline
- [ ] Do one admin job
- [ ] Research one question
- [ ] Prepare tomorrow's first step

MY OWN

30 MINUTES

- [ ] Do one focused sprint
- [ ] Draft something imperfectly
- [ ] Have one useful conversation
- [ ] Complete one small section
- [ ] Make one decision

MY OWN

> *You do not need more motivation. You may just need a smaller menu.*

3. Decode the Stall

Losing momentum is information, not a character flaw. Find the closest match and choose a response that reduces friction.

I FEEL OVERWHELMED

Shrink the task until the first move is obvious.

I AM TIRED

Choose maintenance, rest, or a five-minute move.

I FEEL DISCOURAGED

Look for evidence of progress you have already made.

I AM DISTRACTED

Remove one distraction and set a short timer.

I AM WAITING FOR CERTAINTY

Choose the next reversible step, not the final answer.

WHAT USUALLY STALLS ME?

4. The Restart Recipe

Use this after a missed day, a messy week, or any time you hear yourself thinking "I have ruined it."



1. PAUSE

What happened without turning it into a judgement?

2. REMEMBER

Why does this still matter to me?

3. REDUCE

What is the smaller version of the task?

4. CHOOSE

What will I do next - and when?

> *Restarting is not proof you failed. It is a skill you can practise.*

5. My Momentum Board

Use this as a one-page reset for the week ahead. Keep the list short enough that success still feels possible.

THREE THINGS THAT MATTER THIS WEEK

I CAN STOP DOING

MY SMALLEST NEXT MOVE

SUPPORT I CAN USE

HOW I WILL NOTICE PROGRESS

Want a deeper new-beginnings process?

Starting Again is KindNova's 25-page guided journal for change, fear, uncertainty, obstacles, support, milestones, momentum and building a beginning that fits your real life.