

5-Minutes to Clarity

Use this when pressure rises, decisions feel heavier than they should, or your thinking starts to spiral.

© What's actually happening?

Facts only. No interpretation.

© What story am I telling myself?

Notice assumptions, predictions, or fear.

© Where is pressure distorting my judgment?

Separate urgency from reality.

© What decision would I make if I were calm?

Return to steady thinking.

© What is one intentional next step?

Move with clarity, not momentum.



Tom Morgan | Coach & Advisor

You don't need to become someone else in this moment.

You need to slow down, think clearly, and move intentionally.