

# “Borrow-Your-Belief” Text Templates — Reach-Out Messages for Stuck Moments

How to use: copy, personalize the [brackets], and send. Pair with a 15-minute action. Etiquette: choose one person per message, include a clear time-box, and close the loop with an update.

## QUICK SOS (1-line, ultra-short)

- I’m tempted to quit [project]. Can I borrow 5 minutes of your belief while I do [small action]?
- Having a wobble on [task]. A 1-line nudge from you would help.
- Urge to quit is 7/10. Text me one sentence to keep me honest for 15 minutes?

## SPECIFIC ASK (clear action + time-box)

- I’m stuck on [task]. If I send you a draft at [time], can you skim for 2 bullets of feedback?
- I’ll make 3 calls between [start]–[end]. Can I check back with you at [time] to say what happened?
- If I ship [deliverable] by [deadline], will you be my witness + emoji react?

## WARM/FRIENDLY

- Brain gremlins are loud today 😊. I’m doing a 15-min sprint on [task]. Send me a thumbs-up to kick me off?
- Borrowing your belief for 15 min while I [action]. I’ll report back—hold me to it!
- Remind me I can do hard things for 15 minutes, then I’ll take it from there.

## PROFESSIONAL TONE (mentor/advisor/manager)

- Quick accountability ask: I plan to complete [specific subsection] by [time]. May I send a 3-bullet update for your eyes only?
- I’m reassessing scope on [initiative]. Could I get a 5-minute sanity check at [time window]? One question only.
- Decision support: choosing between [A] and [B]. If I share a 1-pager by [time], can you mark your pick?

## ENTREPRENEUR (investor/advisor/customer)

- We’re iterating on [feature]. I’m close to parking it—talk me out of a bad quit? 2 bullets max.
- Running a 15-min outreach sprint: [segment]. If I send my top 5 learnings by [time], can you reply with 1 next intro?
- Pre-mortem or pivot? If I share metrics at [time], can you give 1 green/yellow/red?


## ACADEMIA/THESIS

- I will write 150 words on [section] by [time]. May I send it for a single clarity comment?
- Tempted to shelve [chapter]. I'll outline 3 headings in 15 min—can I DM you the list for a quick thumbs-up?
- Committee anxiety. If I submit [piece] by [date], could you confirm receipt so I can stop spiraling?

### FAITH-FORWARD (if appropriate)

- Please pray for focus as I work 15 minutes on [task]. I'll text a small win after.
- Feeling weary—can you send a verse or short prayer while I do [action]?
- I'm grateful for your support—cover me for 15 minutes while I push this inch forward.

### LOW-ENERGY DAY

- Running on 40%. I'll do a 'minimum viable action' on [task] for 15 min. Can I text you when done?
- Gentle nudge needed. I'll open the file and write 3 bullets—nothing fancy. Ping me a  when you see this?
- Permission to go tiny granted? Tell me to do the smallest possible step on [thing].

### GROUP/COMMUNITY

- Doing a 15-minute power hour on [task]. Who wants to co-work? I'll share my tiny win at :15.
- [Study hall] from [start]–[end]. Drop your 'done' at the :15/:30/:45 marks. I'll go first.
- Accountability roll call: What's your 15-min move? Mine: [action].

### FOLLOW-UP / CLOSE THE LOOP (after their help)

- Update: I finished [small action]. Your belief helped—thank you 🙏
- Shipped [deliverable]! Appreciate the quick nudge—sending proof below.
- That did the trick. Next step: [action]. I'll check back [day/time].

### VOICE-NOTE MINI-SCRIPT (30–45 sec)

- “Hey [Name], quick voice note. I'm tempted to quit [project] and doing a 15-minute sprint on [specific action]. Could I borrow your belief for a moment? One sentence from you would help me start. I'll report back with a tiny win. Thanks—I appreciate you.”