

This Year I Will...

Build My Gratitude
Foundation By Doing...

Make White Space
For These Activities...

Delete These
Bad Influences...

Rearrange My Time
In These Ways...

Add These
Good Habits...

Signed _____ Date _____

Sage Grayson

LIFE EDITOR

sagegrayson.com

This Year I Will

Thank you for downloading the This Year I Will worksheet from <http://sagegrayson.com>. This is your chance to make a promise to yourself about how you will edit your year.

Instructions

- Reflect on your successes and challenges from the past year. What are you proud of? What would you like to do differently in the new year?
- Choose at least 1 personal edit you will do for each of the 5 steps of the Life Editing Process and write them in the circles.
- Sign and date the worksheet so you'll take ownership of your results.
- Hang this worksheet someplace where you'll see it every day. Consider reading it out loud as part of your morning routine.



Who's Sage?

Hey there! I'm Sage Grayson, a former book editor turned life and business coach. I'm a Life Editor . . . and so are you!

Like this worksheet? Use the code **LETSGO** to save 50% off my digital programs.



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