

# My Wait List

BUSINESS WAIT LIST

CAREER WAIT LIST

FAMILY WAIT LIST

HEALTH AND FITNESS WAIT LIST

HOBBIES WAIT LIST

FINANCIAL WAIT LIST

SPIRITUALITY WAIT LIST

HOME AND ENVIRONMENT WAIT LIST

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# My Wait List

Thank you for downloading the My Wait List worksheet from <http://sagegrayson.com>. You have permission to put things off until the time is right . . . or forever!

## Instructions

- Think about all the priorities you have in every area of your life.
- Determine which priorities, obligations, events, responsibilities, and other to-do items are causing you frustration or draining your energy.
- For each area of your life, write down at least one thing that you can put on your Wait List to handle sometime in the future . . . or not at all!
- Review your Wait List once a month to see if there is anything you're ready to handle now or if anything can be deleted completely.
- Continue on with your life knowing that the things that truly matter will get done and you won't become overwhelmed or resentful.



## 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!

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