

Worksheet: From Waiting to Choosing

Fifth Monday - 3/30/26

Purpose: To help you notice where you've been waiting — and gently shift into action.

1. Spot the “Waiting Language”

Where in your life have you been saying:

- “I’ll do this later...”
- “When things calm down...”
- “When I have more time...”

2. What Are You Really Waiting For?

Be honest here — no judgment.

- What feels like it needs to happen before you can move forward?
- Is that something you can actually control?

3. Choose One Small Step

Instead of waiting for the perfect moment, what is one small thing you can do?

- My small step:
- When will I do it?

4. Build Momentum

Finish this sentence:

“When I choose instead of wait, I feel

.”