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Worksheet: Make A Never List

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🔗	URL	https://angelamurrell.com/the-never-list-do-the-things-you-rarely-do/

💡 **A "Never List", a list of things you rarely do,** should be made every 3-6 months, and hopefully changes over time. It is composed of things you rarely do, usually because motivation is not leveraged for these things (yet). This is a great way to "catch" what you're not doing and **see how doing them impacts your life for the better.**

> An example for me was "go to bed before 11pm the majority of your days".
>
> Or a more complete example is "eat regularly, sleep regularly, exercise regularly" – none of which I was doing before even if my "things I am doing" tasks sounded good (get 7-8 hours of sleep, eat healthy meals, always take the stairs or walk). Knowing my goal – to increase my metabolic health – made it easier to figure out which items on the Never List I could care about the most.

What are some goals you've been trying to hit and can't?

Eg. I cannot lose weight

Why do you want to hit these goals? How will your life be better?

eg. I think I will have more energy and live longer

What are things you prefer to do, to stay productive or take care of yourself?

eg. I like to cook, I buy groceries that are good for me, I invest in my retirement, I pursue hobbies that fulfill me...

What are things you want to do but have been putting off for the right time?

eg. Going to bed at regular times, waking up early to go for walks, have a morning to myself...

What are things you currently do at a regular cadence? Routines?

eg. I make my bed everday.

What do you rarely do or have never done... to take care of yourself? What are you neglecting to do?

eg. Going to bed at regular times...

What could you add to existing routines that would improve your life?

Hint: You do not need quantity here. Just adding 1-2 things to your routines could be huge!

eg. Been replacing phone time at night with meditative, calm music. Ties up my phone and I relax.

You're ready to write a "Never List", in your own words, your own way. Go!

eg. — starting my list with...