

The Unfinished Promises Worksheet

What Are You Still Carrying?

Not every unfinished project deserves to be finished.
But every unfinished promise deserves a decision.

Make Your List

Without overthinking it, write down every unfinished promise that comes to mind.

These might be:

- A business idea
- A home project
- A difficult conversation
- A course you never finished.
- A habit you wanted to build.
- A creative project.
- Something you've been "meaning to do".

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Ask Yourself

For each item listed, ask:

Does this still matter to the person I am today?

☐ Yes - Finish

This still matters

☐ No - Release

This belonged to an earlier version of me.

If no... Cross it off!

Give yourself permission to let it go.

Choose One

Of everything that's left...

Which unfinished promise would make the biggest difference if it were completed?

Close the Loop

What's the smallest action you can take in the next 48 hours?

Not to finish it. Just to restart it.

Coaching Corner

Make yourself a promise:

Today I choose to:

- ☐ Finish one promise.
- ☐ Release one promise.

The promise is:

Signature _____ Date _____

“

“You don’t have to finish everything, But, you do have to decide.

*Finish it.
Release it.*

Just don’t leave it waiting for ‘maybe.’”

- Molly B.



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