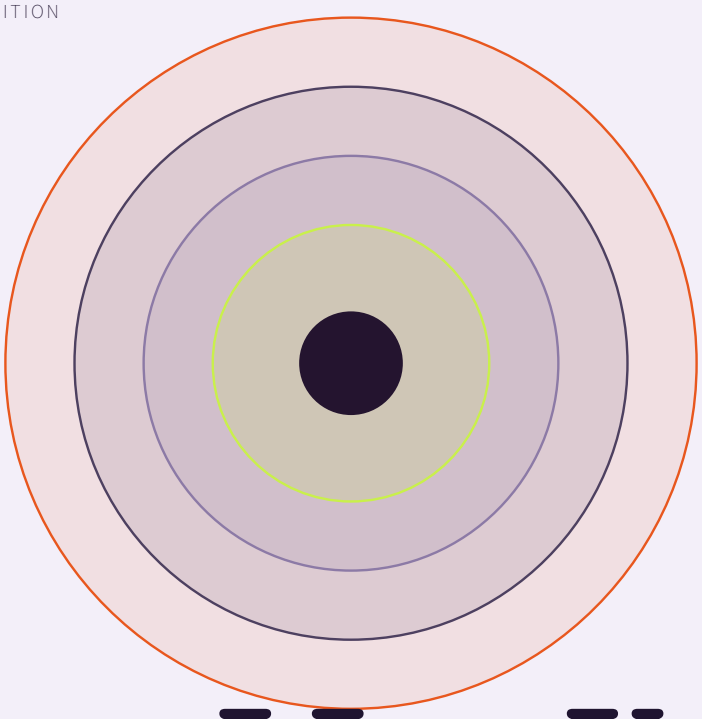


Before I Let You Go: My Life in Broadcasting, Baseball, and Be-yond

A reading of the book by Hazel Mae (2026)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of Before I Let You Go: My Life in Broadcasting, Baseball, and Beyond, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

Before I Let You Go is the memoir of Hazel Mae, the Toronto Blue Jays field reporter for Sportsnet, published by HarperCollins Canada under its Collins imprint on November 10, 2026. The title is her on-air sign-off. Born in Bohol in the Philippines, she moved to Canada and grew up in Toronto in a family of sports fans, and coverage of the book credits her father with shaping her love of sports. After York University and Rogers Sportsnet she worked in American sports media, at NESN from 2004 to 2008 and at MLB Network from 2008 to 2011, before Sportsnet Connected from 2011 to 2015 and the Blue Jays beat. Since 2022 she has also worked on TBS baseball coverage. The publisher says the book runs from her childhood and the move to Canada, through her years in US sports media, to the return home to cover the Blue Jays and the celebrations on the field after games. She also reflects on the challenges she faced as a Filipino woman in an industry traditionally dominated by white men. She received the Jack Graney Award in 2025 and the Gordon Sinclair Award at the 2026 Canadian Screen Awards.

Below are the 7 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1 HOURLIFE TAKEAWAY

A love of the game is often handed down, one shared broadcast at a time.

Coverage of the memoir says Mae's father shaped her love of sports, and that she grew up in Toronto in a family of fans gathered around a small TV. HourLife's reading: the passions that last often begin as company. Someone let you sit beside them while they cared about something, and you started to care too.

2 HOURLIFE TAKEAWAY

Being the only one who looks like you in the room is a real cost, and it also gives you a view the room lacks.

In interviews about the book, Mae reflects on the challenges she faced as a Filipino woman in an industry traditionally dominated by white men. HourLife's takeaway is not that the strain is a gift. It is that naming it plainly is part of the work, and that the person at the edge of the room often sees what everyone in the middle has stopped noticing.

3 HOURLIFE TAKEAWAY

How you end is part of what you said.

The book takes its title from Mae's on-air sign-off, Before I let you go. A sign-off tells people the segment is closing, gives them one last thing to hold and promises a next time. Most of us end conversations, meetings and weeks by trailing off. A line you choose on purpose turns the ending into part of the message.

4 HOURLIFE TAKEAWAY

Sometimes you have to leave home to grow into the person who comes back.

The publisher traces a road from the Philippines to Canada, out to years in US sports media, and back to Toronto to cover the Blue Jays. HourLife's takeaway: leaving is not always a break with where you started. Time away can be how you earn the skills and the nerve to return to the place you first loved and do the work there.

5 HOURLIFE TAKEAWAY

A long career in one craft is really many jobs, learned one after another.

Mae's path runs through Rogers Sportsnet, NESN, MLB Network, Sportsnet Connected, TBS and the Blue Jays field beat. The craft stayed the same while the role kept changing. Staying with something for decades rarely means doing the same job; it means being willing to learn the next version of it.

6

HOURLIFE TAKEAWAY

Showing up for the celebration is part of the job, too.

Among the things the publisher says the book covers are the celebrations on the field after games, Gatorade showers included. HourLife's takeaway: the moment after the win is when people remember who was there. Stay for it, mark it and let the joy count before the next game starts.

7

HOURLIFE TAKEAWAY

Recognition late in a career is a record of every ordinary day that came before it.

Mae received the Jack Graney Award in 2025, and CBC reported that she was the second woman to receive it. In 2026 she received the Gordon Sinclair Award at the Canadian Screen Awards. Awards arrive on one night, but they usually stand for years of work that nobody was watching.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Write your own sign-off line
- [ ] Call the person who gave you your first love of something
- [ ] Start a log of the rooms where you were the only one
- [ ] Draw your own career rundown
- [ ] Name one place you might return to

KEEP UP DAILY

- ◯ Prepare one question before every conversation
- ◯ Sign off on purpose
- ◯ Watch one game together, the old way

30 days · Nov 13 - Dec 12, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 13 - Dec 12, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

- [ ] SETUP 1

Write your own sign-off line

Use the sign-off writer on this page to draft one line for the end of your week.

Keep it short enough to say out loud without notes.

MY VERSION

DONE ON

- [ ] SETUP 2

Call the person who gave you your first love of something

Think of who first sat you down in front of a game, a book, a kitchen or a song.

Call them this week and tell them what it turned into.

MY VERSION

DONE ON

- [ ] SETUP 3

Start a log of the rooms where you were the only one

Keep a note with the date, the room, what you noticed from where you stood and what helped.

Patterns show up after a few entries.

MY VERSION

DONE ON

- [ ] SETUP 4

Draw your own career rundown

List every role you have held, in order.

Mark the moves that took you away and the ones that brought you back, and see what each one taught you.

MY VERSION

DONE ON

- [ ] SETUP 5

Name one place you might return to

Pick a team, a city, a craft or a person you left behind.

Write down what you could bring back to it now that you could not bring then.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Prepare one question before every conversation

Before a meeting or a call, write one good question the way a field reporter would before stepping up to a player.

Nov 13 - Dec 12, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11	12	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6 ○
7 ○	8 ○	9 ○	10 ○	11 ○	12 ○	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Sign off on purpose

End the last meeting or message of each week with your sign-off line instead of letting it trail away.

Nov 13 - Dec 12, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11	12	13 ○	14 ○	15 ○
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Watch one game together, the old way

Once a month, watch a game, a match or a show with someone you love, on one screen, with phones put away.

Nov 13 - Dec 12, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
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30 ○						

December 2026

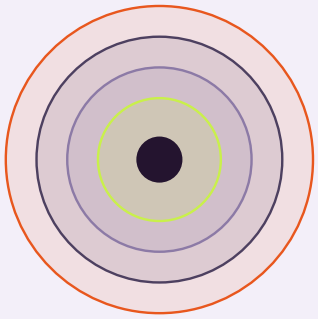
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



Thank the room, name the next time, then go. A good ending is something you can practise.

HOURLIFE NOTE AFTER HAZEL MAE