

The Wait

by DeVon Franklin, Meagan Good

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

MON TUE WED THU FRI SAT SUN

⁰¹ **Write your waiting-room brief**

Name the season you are in: desire, doubt, discipline, or future. Write what you need to protect, what you need to practice, and what you refuse to rush.

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⁰² **Turn one boundary into a system**

Do not rely on willpower alone. Create one practical structure around time, touch, privacy, or communication that protects your stated standard.

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⁰³ **Audit chemistry against character**

List what attracts you, then list what their patterns show. Look for consistency, humility, honesty, faithfulness, and respect under pressure.

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⁰⁴ **Ask the future-life question**

Before deepening the relationship, ask: does this connection strengthen the person I am becoming and the life I am called to build?

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⁰⁵ **Practice one week of slower pace**

For seven days, slow the relationship by one deliberate notch. Notice whether peace increases or pressure escalates. Both answers are useful.

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⁰⁶ **Replace fantasy with counsel**

Talk to one trusted, grounded person who can ask hard questions about the relationship. Let wisdom interrupt the private movie in your head.