



A FREE WORKBOOK FROM YOUR DIRECT IMPACT

Later Is a Lie™

Spot Your “Later” Lies

A short, honest worksheet to help you catch the excuses
quietly keeping you in the wrong lane.

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Later isn't neutral.

Every time you tell yourself you'll deal with something "later," you're not pressing pause — you're making a decision. A decision to stay in the lane you're in, whether or not it's still taking you where you want to go.

Most of us don't notice we're doing it. "Later" shows up dressed as patience, practicality, or being a good mom, partner, or employee. It sounds responsible. It rarely gets questioned.

This worksheet is a mirror, not a lecture. On the next page are nine of the most common "later" lies — the ones that show up around a career that's gone stagnant, a goal that's been quietly shelved, or a version of yourself you keep promising to get back to. Check the ones you recognize. Be honest — no one is grading this.

How to use this: Read through the nine lies. Check any that sound like your own inner voice. Then turn to the reflection page and sit with the questions — pen in hand, no editing yourself.



Nine “Later” Lies

Check the ones you’ve said to yourself — recently or for years.

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“I’ll do it once the kids are older / more settled.”

There will always be a next stage of parenting. This lane doesn’t open on its own — you open it.

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“I’ll figure out my career once things calm down at work.”

Work rarely calms down. Stagnation doesn’t announce itself — it just becomes the new normal.

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“I’ll do it when I have more time.”

Time isn’t found, it’s claimed. The version of “enough time” you’re waiting for doesn’t arrive on its own.

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“I’ll do it once I have more money saved.”

Worth naming honestly: is this a real financial limit, or a comfortable place to hide from the next step?

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“I’ll get to it after I retire.”

Retirement isn’t a reset button. The habits and identity you build now are the ones you’ll carry in.

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“I’ll do it when I feel more confident.”

Confidence is usually a result of moving, not a precondition for it. Action tends to come first.

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“I’ll do it once everyone else’s needs are met.”

That list is never actually finished. Someone always needs something — including you.

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“I’ll do it when it’s the ‘right’ time.”

There’s rarely a clean, obstacle-free window. Waiting for one is often just a softer way of saying no.

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“I’m fine — I don’t need to think about this right now.”

Sometimes true. Sometimes the most well-worn “later” lie of all. Worth a second, honest look.



Now Get Honest

Pick the one or two lies that stung a little. Sit with these questions — write in full sentences if you can, not just a word or two.

Which “later” lie do you hear most often, and in whose voice does it sound?

What is that lie actually protecting you from — discomfort, failure, someone else’s reaction?

What’s one “for now” lane you’ve been sitting in that has quietly become permanent?

If you gave yourself full permission to move today, what is the smallest possible next step?



You don't have to change lanes alone.

The SHIFT Method is the coaching framework I built to help women move out of a stalled lane and into one that actually fits — without blowing up their life to do it.

If today's reflection surfaced something real, let's talk about what moving looks like for you.

Book a free discovery call at yourdirectimpact.com