Dear brain,
IT CAN WAIT!

Thought/Urge

This can wait until...

an hour from now

after the baby naps

later tonight

tomorrow morning

tomorrow evening

the end of the week

the weekend

this day _____

baby's next doctor's appt

my next doctor's appt

I talk w/ my therapist

I hear back from _____

I have help from _____

Dear brain, IT CAN WAIT!

Thought/Urge | This can wait until...

	do the dishes	is he teething?!	plan grocery list	ALL THE LAUNDRY	text Jenn back	what if he only sleeps half an hour?!	This can wait until...
an hour from now							
after the baby naps					✔		
later tonight	✔						
tomorrow morning							
tomorrow evening							
the end of the week			✔				
the weekend				✔			
this day _____							
baby's next doctor's appt		✔			✔		
my next doctor's appt							
I talk w/ my therapist					✔		
I hear back from ~~Lauren~~ she knows a lot about teething		✔					
I have help from ~~my partner~~				✔			