



CUSTOMIZATION WORKSHEET

Wristlists™ are a great way to keep your priorities “in sight and in mind”!
Use this sheet to refine ideas for yourself or a person that you are sponsoring.

Forget-Me-Nevers!

Make a list of the "stuff" that you (or the person you are sponsoring) lose and the things that are forgotten most often. For example:

- Homework
- Staying organized
- Medications
- Outerwear
- Drinking water
- Purse or Phone
- Lunch box
- Other resolutions
- Keys or Locks
- Cleaning up
- Caring for pet
- Special Occasions

Inspirations: Motivational and Spiritual Reminders or Mantras

Are there words or quotes that inspire you or help you to stay on the desired path?

A Checklist or Reminder on your Wrist

Would you like to increase consciousness of any other unique things, such as a loved one or an affiliation? Would it be helpful to have a “guardian angel” reminding you of something special or keeping you on track with your ideal recurring routine?

Once you refine your ideas, have fun designing the plates, badges and bands that fit you best at the [Wristlists™ Shop!](#)