

AI-01672 Not Now Shelf

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Delve on the concept of “not now shelf”. What are the pillars? List 22 examples of each in the domain of living well, health, relationships, finance and investing. List 22 “not now shelf” protocols to abide by.

The “Not Now Shelf” is a mental, emotional, and strategic construct—a place to store things that are worthy of attention but not right now. It’s an act of mindful deferral, protecting your current focus, energy, and priorities while acknowledging future potential. It differs from procrastination because it’s intentional, structured, and revisitable.

🧱 Core Pillars of the “Not Now Shelf”

1. Awareness: Recognizing something’s value but also its misalignment with your current priorities.
2. Timing: Understanding that “not now” is different from “never.”
3. Boundaries: Guarding your bandwidth, energy, and attention.
4. Storage: Keeping ideas, actions, or relationships safely parked and retrievable.
5. Re-evaluation: Periodically revisiting the shelf to decide whether to act, delete, or continue deferring.

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🌱 Domain-Specific Examples (22 each)

◆ Living Well

1. Learning to play a musical instrument
2. Taking a sabbatical

3. Starting a YouTube channel
4. Redecorating your home
5. Becoming a minimalist
6. Writing a memoir
7. Joining a book club
8. Learning a third language
9. Hosting a community event
10. Moving to a different city
11. Trying a new lifestyle (e.g., van life)
12. Developing a new morning routine
13. Starting a daily gratitude journal
14. Reading all of Tolstoy's works
15. Switching to a plant-based diet
16. Learning to dance
17. Living completely offline for a month
18. Becoming a digital nomad
19. Doing a silent retreat
20. Learning to cook international cuisines
21. Building a greenhouse
22. Teaching a local workshop

Health

1. Training for a marathon
2. Switching doctors
3. Starting hormone therapy
4. Undergoing elective surgery
5. Trying intermittent fasting

6. Hiring a personal trainer
7. Doing a full body checkup
8. Starting cold plunge therapy
9. Learning to meditate deeply
10. Detoxing from caffeine
11. Pursuing advanced body biohacking
12. Testing for food allergies
13. Doing regular breathwork sessions
14. Mastering calisthenics
15. Attending a health retreat
16. Changing your sleep chronotype
17. Trying a no-sugar lifestyle
18. Using wearable health tech
19. Studying herbal medicine
20. Getting certified in CPR
21. Learning self-massage techniques
22. Running a fitness blog

Relationships

1. Reconnecting with estranged relatives
2. Starting couples therapy
3. Having "the talk" with a friend or partner
4. Attending a wedding you're unsure about
5. Helping an ex in crisis
6. Meeting your partner's family
7. Going on a double date
8. Attending family reunions

9. Becoming a godparent
10. Dating again after heartbreak
11. Opening up about a past secret
12. Creating boundaries with in-laws
13. Deepening old friendships
14. Letting go of a toxic connection
15. Co-authoring a book with a friend
16. Reconciling with a childhood best friend
17. Joining a support group
18. Hosting a relationship podcast
19. Doing relationship coaching
20. Attending a friend's milestone event
21. Writing letters to people who shaped you
22. Exploring new intimacy models

Finance

1. Buying a rental property
2. Switching banks
3. Creating a trust fund
4. Updating your will
5. Filing for an IRS tax review
6. Getting disability insurance
7. Starting a side hustle
8. Creating a legacy plan
9. Reviewing your subscriptions
10. Rebalancing your portfolio
11. Consolidating debt

12. Changing financial advisors
13. Getting a second job
14. Buying land abroad
15. Learning crypto taxation
16. Selling high-value collectibles
17. Building a budget from scratch
18. Applying for grants or fellowships
19. Exploring FIRE (Financial Independence, Retire Early)
20. Becoming a minimalist spender
21. Donating a portion of assets
22. Planning an inheritance conversation with family

Investing

1. Investing in pre-IPO startups
2. Exploring real estate syndicates
3. Taking a course on options trading
4. Buying cryptocurrency
5. Launching an angel fund
6. Studying international markets
7. Allocating to frontier markets
8. Starting a dividend portfolio
9. Investing in green energy
10. Exploring art or wine investing
11. Studying blockchain deeply
12. Becoming an LP in a fund
13. Investing in farmland
14. Joining an investing mastermind

15. Creating a family office
 16. Reallocating based on climate risk
 17. Short selling experimentation
 18. Investing in collectibles
 19. Building a REIT portfolio
 20. Following ESG investing
 21. Creating a robo-advisor sandbox
 22. Implementing AI for stock filtering
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22 “Not Now Shelf” Protocols to Abide By

1. Create a central system (e.g., a digital folder or journal section)
2. Tag items with a review date (e.g., quarterly revisit)
3. Write why it’s a “not now,” not a “never”
4. Sort by category (health, finance, etc.)
5. Set calendar reminders to revisit shelf items
6. Only shelf 10% or less of your mental bandwidth
7. Communicate with others if they are affected by your deferral
8. Don’t use the shelf to avoid fear-based decisions
9. Keep a separate “dump list” for trivial distractions
10. Re-evaluate based on life events (new job, illness, marriage)
11. Do not revisit the shelf when overwhelmed
12. Use it to preserve momentum, not delay growth
13. Honor emotional weight—don’t bury trauma here
14. Note which items reappear repeatedly
15. Prioritize items that align with long-term values
16. Don’t shelf what takes <2 minutes to do now

17. Use “Not Now Shelf” as a filter when saying no
18. Share your system with an accountability partner
19. Periodically purge stale or irrelevant items
20. Categorize by urgency and impact
21. Keep it private but not forgotten
22. Don’t glorify productivity by shelving everything—some things belong in your life now

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This “Not Now Shelf” mindset is not about indecision—it’s about curating your timeline with intentional delay, so your life isn’t run by impulse or others’ urgency. Would you like a printable or digital Not Now Shelf template to use?