

Act Like a Lady, Think Like a Man

by Steve Harvey

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

☐ ⁰¹ **Write three standards**
Name three behaviors you require to keep investing.

MON TUE WED THU FRI SAT SUN

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☐ ⁰² **Define the timeline**
Set a private review date for a confusing relationship pattern.

MON TUE WED THU FRI SAT SUN

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☐ ⁰³ **Prepare the clear question**
Write one direct question you need answered without accusation.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁴ **List observable behavior**
Separate what happened from what you hope it means.

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☐ ⁰⁵ **Create an exit rule**
Define what pattern means you step back.

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☐ ⁰⁶ **Say one standard plainly**
Use simple language instead of hints or tests.

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☐ ⁰⁷ **Watch consistency**
Track whether actions repeat after the conversation

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☐ ⁰⁸ **Stop explaining away the pattern**
When behavior repeats, treat it as information.

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