

Adulting

by Kelly Williams Brown

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

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01

Create a bill list

Record every known recurring bill, amount, and due date in one place.

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02

Make an official-docs folder

Put IDs, lease, tax, insurance, and medical paperwork in one findable place.

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03

Define a weekly reset

Choose one thirty-minute block for laundry, trash, calendar, and money review.

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04

Send one direct message

Handle one delayed adult conversation with fact, request, and next step.

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05

Clean one landing zone

Clear the place where keys, wallet, bag, or mail should reliably land.

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06

Cook one basic meal

Practice one cheap, repeatable meal you can make when tired.

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07

Check your balance

Look at your accounts without storytelling, then record one useful fact.

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08

Schedule the appointment

Book the health, repair, admin, or maintenance appointment you keep postponing.

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