

Attitude Is Everything

by Jeff Keller

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

MON TUE WED THU FRI SAT SUN

⁰¹ **Rewrite Today's Headline**

Pick one frustrating situation and write two headlines for it: the complaint version and the useful version. Act from the useful one for the next hour.

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⁰² **Audit Your Default Phrases**

For one day, catch phrases like I have to, this always happens, or I cannot. Replace each with a sentence that keeps agency in the room.

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⁰³ **Do One Evidence Rep**

Choose one tiny action that proves the attitude you want: send the message, clean the workspace, take the walk, or finish the first draft.

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⁰⁴ **Run the Three-Step Switch**

When your mood drops, ask: what am I thinking, what am I saying, and what is one action that would make the better attitude real?

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⁰⁵ **Borrow a Better Room**

Spend twenty minutes with a person, book, walk, or playlist that makes your standards rise. Attitude is contagious, so choose the source deliberately.