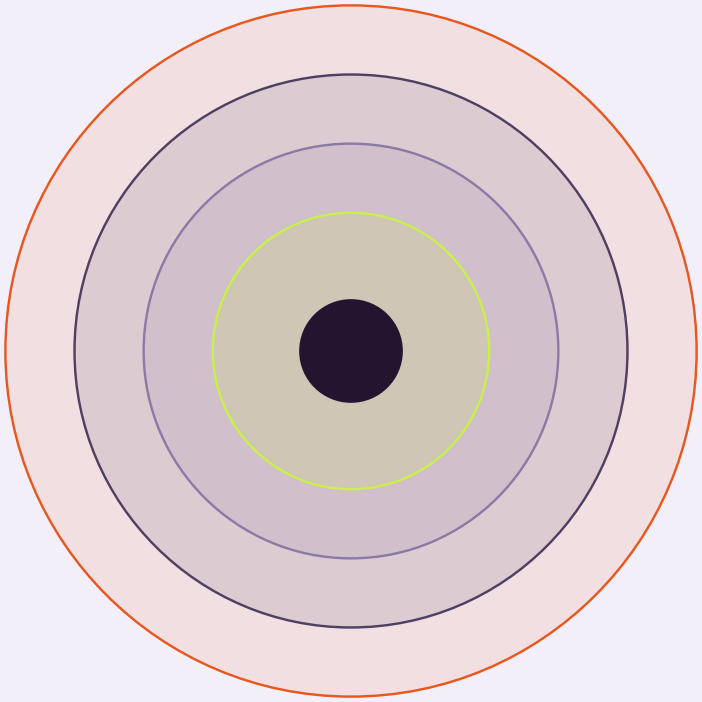


Be Your Own Bestie

A reading of the book by Misha Brown (2026)

1. ACTION BOOK

CONTENTS

Inside this edition

The book in a minute 3

The takeaways 4

Your action book 6

Before you go 7

PART TWO · THE ACTION BOOK

The setup checklist 9

Catch one unnecessary sorry a day 10

Say the affirmations out loud, not in your head 11

Say no once, without explaining 12

ABOUT THIS EDITION

This is HourLife's reading of Be Your Own Bestie, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

The S.A.S.S. method — self-reflection, affirmations, standing your ground, sculpting the life you want — from social media creator Misha Brown, a no-nonsense guide to changing how you treat yourself.

Below are the 8 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1 HOURLIFE TAKEAWAY

You already know how to be a great friend. The whole trick is turning it around and pointing it at yourself.

The book's premise, and the reason the title is an instruction rather than a slogan.

2 HOURLIFE TAKEAWAY

Self-reflection first. You cannot affirm your way past a pattern you have not looked at.

The first S, and the reason the method is in that order rather than starting with the affirmations.

3 HOURLIFE TAKEAWAY

An affirmation is not a wish. It is deciding what your default sentence about yourself is going to be.

The A, read as a practice of repetition rather than of belief.

4 HOURLIFE TAKEAWAY

A boundary does not need a reason attached. 'No' is a full sentence and an explanation is a courtesy, not a fee.

Standing your ground — the part of the book most readers came for.

5 HOURLIFE TAKEAWAY

Stop apologising for the space you take up. Sorry, used as punctuation, teaches people you are an inconvenience.

Brown's most repeated correction, and the easiest one to catch yourself doing.

6 HOURLIFE TAKEAWAY

Sculpting is the part nobody skips to. Bold steps come after the other three, because you cannot build on a bad foundation.

The final S, and why the method's order matters more than any single step.

7 HOURLIFE TAKEAWAY

He is funny about it and serious underneath. The sass is the delivery; the accountability is the content.

Personal stories plus a method: the humour is what makes the demands land.

8 HOURLIFE TAKEAWAY

The short videos make the argument in a minute. The book is the long form of the same argument.

Where it comes from: a social media creator expanding his message into a full book.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] Write what you actually say to yourself
- [ ] Rewrite three of those in bestie voice
- [ ] Choose your three affirmations and put them somewhere physical
- [ ] List the five requests you always say yes to
- [ ] Draft your two boundary scripts in advance

KEEP UP DAILY

- ◯ Catch one unnecessary sorry a day
- ◯ Say the affirmations out loud, not in your head
- ◯ Say no once, without explaining

30 days · Nov 11 - Dec 10, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 11 - Dec 10, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

- [ ] SETUP 1

Write what you actually say to yourself

One day of eavesdropping on your own head, written down verbatim.

Not cleaned up. This is the self-reflection step and it is unpleasant on purpose — you cannot change a sentence you have never seen written.

MY VERSION

DONE ON

- [ ] SETUP 2

Rewrite three of those in bestie voice

Take the three worst lines and rewrite each as you would say it to your closest friend in the same situation.

Keep both versions side by side. The gap between them is the work.

MY VERSION

DONE ON

- [ ] SETUP 3

Choose your three affirmations and put them somewhere physical

Not twenty.

Three, in your own words, specific enough to be true. Mirror, phone lock screen, the inside of a cupboard door — somewhere your eyes go without being asked.

MY VERSION

DONE ON

- [ ] SETUP 4

List the five requests you always say yes to

The favours, the last-minute cover, the family obligation.

Write what each one actually costs you in hours and mood. A boundary is much easier to hold once the price is written down.

MY VERSION

DONE ON

- [ ] SETUP 5

Draft your two boundary scripts in advance

One for work, one for family.

Fifteen words each, no apology at the front, no justification at the back. Rehearsed, so you are not composing under pressure.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Catch one unnecessary sorry a day

'Sorry for the delay' becomes 'thanks for waiting'.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6 ○
7 ○	8 ○	9 ○	10 ○	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Say the affirmations out loud, not in your head

Thirty seconds, said aloud, ideally where you can see your own face.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6 ○
7 ○	8 ○	9 ○	10 ○	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Say no once, without explaining

Small stakes: a call you do not want, an invitation you do not want.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

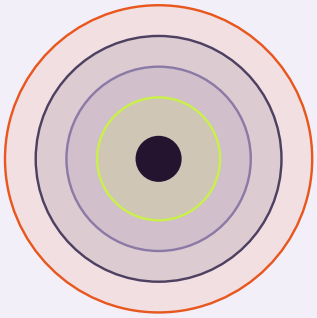
MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6 ○
7 ○	8 ○	9 ○	10 ○	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



You would not let anyone speak to your best friend the way you speak to yourself. Start there, and the rest of it follows.

HOURLIFE DISTILLATION