

# Braving the Wilderness

by Brené Brown

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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

<sup>01</sup> **Identify Your One Non-Negotiable**

What's one thing about yourself you've been diluting to fit in? Write it down. Decide whether it belongs in the 'keep' pile. Protecting your non-negotiables is belonging to yourself.

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<sup>02</sup> **Sit With Disagreement Without Defending**

Next time someone challenges your view, resist defending. Ask a question instead. 'Help me understand where you're coming from.' Practice being curious without capitulating.

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<sup>03</sup> **The Wilderness Practice**

Stand somewhere - literally or metaphorically - where you are genuinely alone in your belief or identity. Feel it. Name it. Notice what fear comes up. Stay.

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<sup>04</sup> **Hold Space for Someone This Week**

Someone in your life is struggling. Instead of fixing or advising, try: 'That sounds really hard. I'm here.' No advice. No reframes. Just presence.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Share Something True About Yourself**

Not performative vulnerability - real vulnerability. Share something you believe or feel that you've been hedging on. Notice the fear. Notice what happens after.

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<sup>06</sup> **Leave One Group You're Not Yourself In**

Identify a community or context where you can't be yourself. Either find a way to show up more authentically - or give yourself permission to leave.