

Can't Hurt Me

by David Goggins

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 **Write the mirror note**

Name one excuse in plain language, then write the uncomfortable fact underneath it. Do not soften either sentence.

MON TUE WED THU FRI SAT SUN

⁰² **Add the next measurable rep**

When you want to stop, add a tiny measurable extension: one minute, one page, one set, one message, or one block.

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⁰³ **Load the cookie jar**

List five hard things you have already survived or completed. Use them as evidence before the next difficult task.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Choose controlled discomfort**

Pick one safe daily friction point: cold finish, early wake-up, ruck, focused work sprint, or hard conversation.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Recover without negotiating**

If you are truly depleted, schedule recovery and a specific return time. Rest is allowed; disappearing is not.