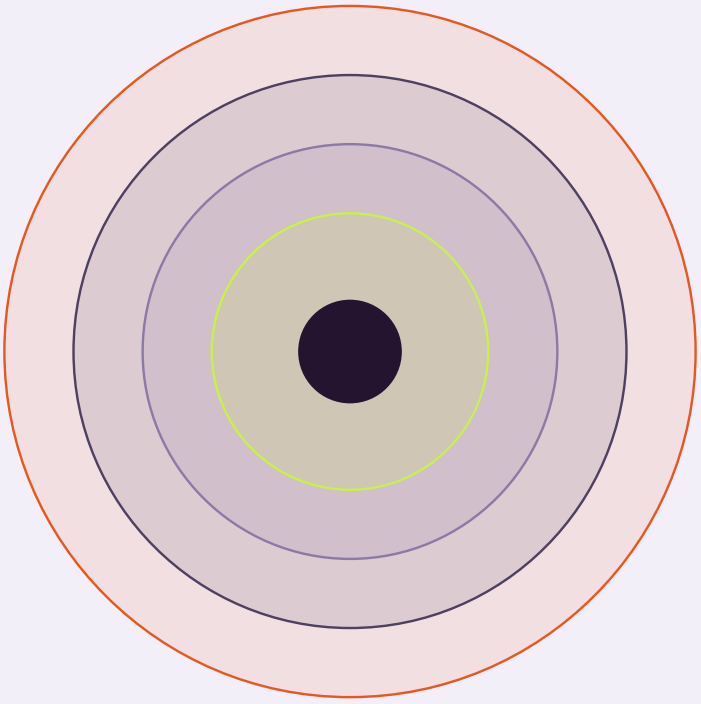


Citizen Kim: The Woman Who Created the Future

A reading of the book by Jonathan Van Meter (2026)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of Citizen Kim: The Woman Who Created the Future, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

Jonathan Van Meter is a contributing editor at Vogue and New York magazine who has spent his career profiling public figures. Citizen Kim is his authorized biography of Kim Kardashian, built on years of interviews with her, her family and the people around them. He argues that she is not famous for nothing: she understood early how attention, media and money fit together, and she kept turning family turmoil, scandal and pressure into momentum. The book reads her life through fame, technology, beauty, capital and family, and gives as much room to her parents, grandmother, sisters and husbands as to Kim herself. Its stories run from a Beverly Hills childhood shadowed by the O.J. Simpson trial, through her years beside Paris Hilton and reality television, to her businesses and her criminal justice work. Reviewers praised its family history and reporting, and several noted how sympathetic it is to its subject.

Below are the 9 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

Fame that looks accidental is often built on purpose.

Van Meter's central claim is that Kardashian grasped, earlier and more deliberately than her critics allow, how being seen turns into a career. He sets out to answer the old line that she is famous for being famous. You don't have to admire the result to learn from how deliberately it was made.

2

HOURLIFE TAKEAWAY

Pressure can be turned into momentum if you keep moving while it is still on you.

The book returns again and again to moments that could have ended a public life: her parents' divorce, the Simpson trial at the centre of her teenage years, the sex tape. Its argument is that each became a turning point because she kept working through it. That is the author's reading, and critics note how kindly he frames it.

3

HOURLIFE TAKEAWAY

A family can work like a firm, with loyalty as its capital.

Van Meter argues that the family's shared fame and money rest on loyalty and on a matriarchy run by Kris Jenner. The sisters' show, brands and stories reinforce one another. The lesson for the rest of us is smaller: the people who back you are part of what you build.

4

HOURLIFE TAKEAWAY

Starting a business can be a family habit, passed down like a recipe.

The book traces a line of women who opened shops, from Kim's grandmother's candle store in La Jolla to the sisters' store Dash. Seeing someone close to you run a shop makes it feel possible. Habits of work travel through families as much as money does.

5

HOURLIFE TAKEAWAY

Kids learn what attention can do from the stories they grow up inside.

Kim's father, Robert Kardashian, was on O.J. Simpson's defence team, and her mother was a close friend of Nicole Brown Simpson. Van Meter treats the trial as one of the forces that shaped her. A childhood next to a media storm teaches lessons about how a public story moves.

6 HOURLIFE TAKEAWAY

Stand close to people who already do the thing, and learn the trade.

Before her own show, Kim was a friend of Paris Hilton and worked as her assistant in the mid-2000s. The book shows how much she saw of the fame business from that seat. Time spent close to people further along is a fast teacher.

7 HOURLIFE TAKEAWAY

Being underestimated gives you room to work.

The book is written against the idea that Kardashian is an empty vessel, and presents her as a serious businesswoman. Whatever you make of that case, the pattern is common: people who are dismissed are often left alone long enough to build something.

8 HOURLIFE TAKEAWAY

A public life can take a second direction long after the first one is set.

Van Meter covers her criminal justice advocacy and her study of law, work that sits far from reality television. A known name opened doors, but the study itself took years. A second direction does not need you to give up the first.

9 HOURLIFE TAKEAWAY

An authorized biography is one account; read the others too.

Kardashian cooperated with the book, and reviewers in the Los Angeles Review of Books and Kirkus called it sympathetic, noting what it leaves out. That does not make it useless. It means the best way to read any flattering portrait is beside a critical one.

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

- [ ] Draw your share line
- [ ] Search your own name
- [ ] Write your one-line bio
- [ ] Map your inner circle
- [ ] Turn one setback into a next move

KEEP UP DAILY

- ◯ Post where you were, not where you are
- ◯ Ask before you post someone else
- ◯ Keep a weekly work log

30 days · Nov 6 - Dec 5, 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 6 - Dec 5, 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

Draw your share line

Use the share line tool on this page to sort twelve parts of your life into keep, share later and share live.

Copy the result into your notes so you decide before the moment, not during it.

MY VERSION

DONE ON

- [ ] SETUP 2

Search your own name

Search your name and usernames in a private window.

Delete or lock one old account or post you would not choose to show a new employer this week.

MY VERSION

DONE ON

- [ ] SETUP 3

Write your one-line bio

Write one sentence that says what you do and what you care about.

Put it on every profile you keep, so people meet the version you chose.

MY VERSION

DONE ON

- [ ] SETUP 4

Map your inner circle

List the five people you would call first on a bad day, and what each one is good at.

Send one of them a note this week, with no request attached.

MY VERSION

DONE ON

- [ ] SETUP 5

Turn one setback into a next move

Write down a recent setback in three lines: what happened, what it taught you, and one thing it now makes possible.

Pick a date to start that one thing.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

Post where you were, not where you are

Share trips, outings and your home only after you have left.

Nov 6 - Dec 5, 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

Ask before you post someone else

Before you share a photo or story that includes a partner, friend or relative, ask them first.

Nov 6 - Dec 5, 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 ○
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28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Keep a weekly work log

Every Friday, write three lines on what you made, sold or learned.

Nov 6 - Dec 5, 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 ○
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30 ○						

December 2026

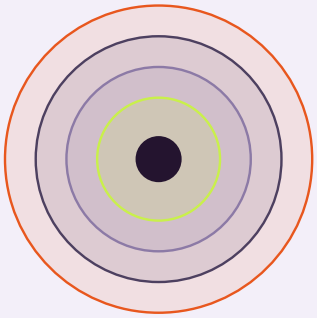
MON	TUE	WED	THU	FRI	SAT	SUN
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



Attention can be built on purpose. Decide what it is worth to you, and what you keep for yourself.

HOURLIFE NOTE AFTER JONATHAN VAN METER