

Do Epic Shit

by Ankur Warikoo

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

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01

Write the real goal

Name what you want in plain language without making it sound acceptable to everyone.

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02

Define the cost

Write the time, money, discomfort, and reputation risk the goal will require.

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03

Pick one public rep

Make one action visible enough that you cannot pretend it did not matter.

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04

Convert fear into a test

Design a low-cost experiment around the fear instead of debating it abstractly.

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05

Stop one fake priority

Remove one task that exists only because it looks impressive.

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06

Keep a promise log

Track the small commitments you kept for seven days.

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07

Ask for direct feedback

Invite one person to tell you where your actions and words do not match.

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08

Choose the boring repeat

Identify the unglamorous behavior that would compound if repeated weekly.

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