

Ego Is the Enemy

by Ryan Holiday

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 **Take The Student Seat**

Choose one area where you want recognition and ask someone better than you for specific correction. Do not explain yourself. Write down the lesson.

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⁰² **Delay The Announcement**

For one important goal, stop posting, hinting, or narrating progress for seven days. Put the saved energy into one measurable rep instead.

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⁰³ **Run A Credit Audit**

List five people, systems, privileges, or moments of luck behind your latest win. Thank one person directly and improve one system quietly.

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⁰⁴ **Write The No-Villain Debrief**

After a setback, describe what happened without blaming anyone. Name your contribution, the lesson, and the next corrective action.