

Everything is Figureoutable

by Marie Forleo

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

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01

Name the obstacle

Write the obstacle in one concrete sentence.

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02

Split the problem

Break the obstacle into three smaller pieces.

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03

Find the missing skill

Name the skill, information, or contact you need next.

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04

Design a ten-minute version

Create a tiny version of the task that can be started today.

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05

Run one experiment

Take one action that teaches you something even if it does not solve everything.

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06

Ask a better question

Replace why am I stuck with what would make this one step easier.

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07

Separate fact from forecast

Write the known facts and the fear predictions in separate columns.

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08

Study one example

Find one person or resource that has solved a similar problem.

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