

# Extreme Ownership

by Jocko Willink, Leif Babin

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

<sup>01</sup> **Run a no-excuses AAR**

Pick one recent miss. Write what happened, what you controlled, what was unclear, and one standard that changes before the next attempt.

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<sup>02</sup> **Rewrite the mission in one sentence**

Take a current project and reduce it to objective, priority, and decision owner. If a teammate cannot repeat it, simplify again.

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<sup>03</sup> **Check ego before feedback**

Before your next defensive response, ask what part of the criticism might be useful even if the delivery is imperfect.

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<sup>04</sup> **Clarify commander's intent**

Tell your team the why, the highest priority, and where they can decide without waiting for permission.

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<sup>05</sup> **Assign one owner per dependency**

For a messy handoff, remove shared ambiguity. Every dependency gets a named owner, a deadline, and a visible follow-up rhythm.