

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

☐ ⁰¹ **Name the goal plainly** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Write the goal without apology, diminisher, or joke.

☐ ⁰² **List the apology reflex** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Write the phrase you use to make the goal seem smaller or safer.

03 Pick the first milestone □ □ □ □ □ □ □

Choose a measurable checkpoint that proves progress before the final outcome.

04 Choose support people □ □ □ □ □ □ □

Name two people who can handle the larger version of you.

☐ ⁰⁵ **Keep one goal promise** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Do one small daily behavior that votes for the goal.

☐ ⁰⁶ **Say it without shrinking** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Tell one person what you are working toward without over-explaining.

07 Review the evidence □ □ □ □ □ □ □

End the week by listing proof that the goal is becoming more real.