

# Greenlights

by Matthew McConaughey

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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> **Write a red-light receipt**

Pick one recent setback. Write the facts without spin, the story you first told about it, and one useful lesson the event may be forcing you to see.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Run a yellow-light pause**

Before making one emotionally loaded decision this week, wait 24 hours. Use the pause to ask what appetite, ego, fear, and truth each want from you.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Catch three greenlights**

For one day, record three moments of opened momentum: a helpful coincidence, a clean yes, a good instinct, or a door that became easier after preparation.

MON TUE WED THU FRI SAT SUN

<sup>04</sup> **Name the next mile**

Do not solve the whole road. Write the next visible action that would make the situation more honest, lighter, or more aligned, then do it today.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Audit your recurring signs**

Look back over the last year and list repeated signals: the people, places, work, and choices that consistently gave energy or consistently took it.

MON TUE WED THU FRI SAT SUN

<sup>06</sup> **Turn one story into conduct**

Take a lesson you like to tell as a story and convert it into a rule you can practice this week: what will you now say, choose, protect, or refuse?