

He's Just Not That Into You: The No-Excuses Truth to Understanding Guys

by Greg Behrendt

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 **List behavior, not theories** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Write the last three concrete actions they took. Do not include motives, potential, or your interpretation.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰² **Set your minimum signal** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Define the smallest consistent behavior you require to keep investing.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰³ **Write the clarity message** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Draft one direct question or closing message that does not beg, accuse, or negotiate.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁴ **Choose a stop-loss rule** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Decide how long you will wait for a reply, plan, or repair before you redirect attention.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁵ **Stop explaining absence** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- When you start inventing reasons, return to the actual behavior list.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁶ **Match investment** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Do not give more planning, emotion, or time than the relationship is clearly receiving back.

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MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁷ **Plan one full-life action** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Put one friend, body, work, or joy action on the calendar that does not depend on their response.