

How to Be a Bawse: A Guide to Conquering Life

by Lilly Singh

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 **Define the mission**

Write the one sentence outcome that would make this season worth the effort.

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☐ ⁰² **Pick one work block**

Protect a specific hour where the mission gets the first useful rep.

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☐ ⁰³ **Name one energy leak**

Choose the habit, app, meeting, or promise that is draining the machine.

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☐ ⁰⁴ **Choose the receipt**

Decide what visible evidence will prove progress by the end of the week.

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☐ ⁰⁵ **Ship one visible rep**

Publish, send, pitch, practice, or finish one artifact before polishing the story around it.

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☐ ⁰⁶ **Log the evidence**

Record one receipt from today so confidence has something real to stand on.

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☐ ⁰⁷ **Extract useful criticism**

Rewrite feedback as one fixable instruction and discard the insult.

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