

How to Be Yourself

by Ellen Hendriksen

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 **Drop one safety behavior**

Choose one small habit you use to hide anxiety: apologizing before speaking, rehearsing every word, checking faces, or leaving early. Drop only that behavior for one low-stakes interaction.

MON TUE WED THU FRI SAT SUN

⁰² **Run a spotlight audit**

After a social moment, write what you feared people noticed and what evidence you actually have. The gap trains your brain to question the imaginary audience.

MON TUE WED THU FRI SAT SUN

⁰³ **Reveal one real preference**

Answer one ordinary question honestly today: where you want to eat, what you liked, what you did not understand, or what you would choose if approval were not at stake.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Stay thirty seconds longer**

When the urge to escape appears, stay for thirty more seconds while breathing slowly. Teach your body that discomfort can rise and fall without becoming danger.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Collect the after-story**

At the end of the day, record one brave social rep and what actually happened. Confidence grows from evidence your nervous system can review.