

# Leaders Eat Last

by Simon Sinek

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> **Name the outside threat**

In your next team meeting, state the real external pressure in one sentence. Then name one internal behavior you will remove so people stop defending themselves from each other.

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<sup>02</sup> **Take the first cost**

Choose one discomfort leadership should absorb before asking the team to absorb it: ambiguity, blame, inconvenience, loss of credit, or schedule pressure.

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<sup>03</sup> **Audit the safety leaks**

List the moments where people hide bad news, compete for status, or wait for permission. Pick one leak and redesign the ritual around it this week.

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<sup>04</sup> **Reward protection publicly**

Call out one person who protected a teammate, customer, or standard without getting obvious credit. Make cooperation visible enough to become contagious.

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<sup>05</sup> **Run a no-surprise briefing**

For one tense issue, share what is known, unknown, decided, undecided, and when the next update comes. Safety starts when rumors lose oxygen.