

# Make Your Bed

by William H. McRaven

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 Make the first square feet**

Tomorrow morning, make your bed before checking your phone, email, or messages. Treat it as the opening inspection of the day.

MON TUE WED THU FRI SAT SUN

**02 Name today's shark**

Write down the one avoided task or conversation that is quietly steering your behavior. Take one direct step toward it before noon.

MON TUE WED THU FRI SAT SUN

**03 Check your swim buddy**

Pick one person carrying a hard load and make their day measurably easier with a specific action, not a vague offer.

MON TUE WED THU FRI SAT SUN

**04 Recover without ceremony**

When something goes wrong this week, skip the spiral. Reset the room, restate the next standard, and resume within ten minutes.

MON TUE WED THU FRI SAT SUN

**05 Hold a tiny standard**

Choose one small standard you will keep for seven days: clear desk, early walk, prepared bag, or one completed chore before entertainment.

MON TUE WED THU FRI SAT SUN

**06 Create a morale signal**

When the group is tired, add one constructive signal: gratitude, humor, music, encouragement, or a clear next move.