

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

01

Name your current mindset in one domain

Pick school, work, fitness, art, or relationships. Write where you go fixed (prove, hide, quit) and where you already grow.

02

Add yet to one stuck sentence

When you catch 'I can't...' or 'I'm not...', finish with yet - then take the next practice step.

03

Rewrite one fixed label into a process goal

Turn 'I'm not a math person' or 'I'm bad at sales' into a skill you can practice this week - specific and measurable.

04

Choose the stretch over the easy win

Pick one slightly harder version of today's work so learning outranks looking already-good.

05

Design a yet-language cue

Add the word yet to one stuck sentence you say often. Put it where you will see it before the hard task.

06

Invite one piece of useful criticism

Ask someone who knows your work: What is one thing I could improve? Thank them before defending.

07

Log one learning from a miss

After a setback, write what the miss taught and the next experiment - not a self-verdict.

08

Catch a false growth-mindset script

Write one place you praise effort while avoiding the hard stretch. Replace it with a concrete learning action.