

Models

by Mark Manson

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

☐ 01

Name your approval habit
Identify one way you perform to be liked.

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☐ 02

Write a clean invitation
Create one direct invitation that leaves room for no.

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☐ 03

List your boundaries
Name three behaviors that require stepping back.

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☐ 04

Prepare for rejection
Write how you will respond respectfully if the answer is no.

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☐ 05

Define honest expression
Write what you actually want without making it a demand.

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☐ 06

Say one true preference
Share a real preference instead of mirroring the room.

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☐ 07

Make one clear ask
Ask directly instead of performing around the desire.

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☐ 08

Accept one no cleanly
Let a refusal stand without arguing for your worth.

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