

Never Finished

by David Goggins

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 **Run an after-action audit**

Pick one recent win or failure. Write what happened, what you avoided, what standard slipped, and what the next rep must target.

MON TUE WED THU FRI SAT SUN

⁰² **Find the comfort disguise**

Name one habit you defend with reasonable language. Decide whether it is recovery, wisdom, or avoidance with better branding.

MON TUE WED THU FRI SAT SUN

⁰³ **Train one exposed gap**

Choose a weakness small enough to practice today and specific enough to measure: a call, a mile, a draft, a repair, or a clean repetition.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Debrief before celebrating**

After the hard thing, spend five minutes capturing what broke, what held, and what you will raise before pride edits the memory.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Raise one quiet standard**

Upgrade a private behavior no one applauds: sleep discipline, form quality, preparation, honesty, or follow-through.