

No Excuses!: The Power of Self-Discipline

by Brian Tracy

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 **Identify your favorite excuse**

Write the explanation you most often use to delay important work.

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MON TUE WED THU FRI SAT SUN

☐ ⁰² **Define the non-negotiable**

Choose one behavior that will happen daily for the next seven days at a specific time.

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MON TUE WED THU FRI SAT SUN

☐ ⁰³ **Lower the starting friction**

Prepare the tools, location, and first step before the work session begins.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁴ **Create a consequence window**

Name what becomes harder in 30 days if you keep accepting the excuse.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁵ **Start before debate**

When the chosen time arrives, begin the first two minutes without internal argument.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁶ **Track the kept promise**

Mark each completion visually. Do not add commentary or drama.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁷ **Repair the miss immediately**

If you miss, complete a smaller version the same day instead of restarting next week.

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