

No More Mr. Nice Guy

by Robert A. Glover

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 **Name the hidden invoice**

Write one current resentment, then finish: I secretly expected them to...

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☐ ⁰² **Make one clean request**

Ask for something specific without explaining why the other person should already know.

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☐ ⁰³ **Practice a plain no**

Draft a two-sentence no that contains no apology spiral, accusation, or fake excuse.

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☐ ⁰⁴ **Find a non-approval source**

Choose one activity this week that builds self-respect without requiring praise from anyone.

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☐ ⁰⁵ **Catch the performance**

When you over-explain, pause and ask whether you are clarifying or auditioning.

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☐ ⁰⁶ **Say the preference early**

State one small preference before someone else decides for the group.

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☐ ⁰⁷ **Convert resentment into data**

At night, turn one irritation into either a request, a boundary, or a decision to release it.

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