

Not Nice

by Aziz Gazipura

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

☐ ⁰¹ **Write one clean no**
Draft a brief refusal without apology stacking or false excuses.

MON TUE WED THU FRI SAT SUN

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☐ ⁰² **Make a direct ask**
Ask for one concrete thing you want instead of hinting.

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☐ ⁰³ **Name a preference**
Say what you would prefer in a low-stakes situation today.

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☐ ⁰⁴ **Remove one excuse**
Edit a boundary sentence until it is honest and brief.

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☐ ⁰⁵ **Tolerate the pause**
After saying no, stop talking and let the silence exist.

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☐ ⁰⁶ **Disagree once**
State one respectful disagreement without over-softening it.

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☐ ⁰⁷ **Spot the false yes**
List one obligation you accepted to manage someone else's feelings.

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☐ ⁰⁸ **Choose clean kindness**
Offer help only where you can do it without hidden resentment.

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