

# Relentless

by Tim S. Grover

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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

<sup>01</sup> **Write a non-negotiable standard**

Choose one arena where you keep improvising excuses. Write the minimum standard in one sentence before the day starts, then obey it without renegotiation.

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<sup>02</sup> **Move before the mood arrives**

Pick one task you normally wait to feel ready for. Start with a 10-minute strict rep while still annoyed, tired, or uncertain.

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<sup>03</sup> **Audit your public discipline**

Find one habit that depends on announcing, tracking, or impressing. Do it privately for seven days and let the completed work be the proof.

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<sup>04</sup> **Own one result without weather reports**

At the end of today, name one outcome you usually blame on timing, people, or energy. Write what was actually controllable and what you will change tomorrow.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Raise the standard after a win**

When you complete a hard rep this week, do not celebrate by coasting. Add one sharper requirement for the next repetition.