

Start, Stay, or Leave

by Trey Gowdy

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 **Write the Actual Question**

Before debating options, write the decision in one sentence. If you cannot name the case, you are not ready to argue it.

MON TUE WED THU FRI SAT SUN

⁰² **Cross-Examine Your Motive**

List what is driving you: duty, fear, ambition, anger, fatigue, loyalty, or principle. A mixed motive is normal; an unnamed motive is dangerous.

MON TUE WED THU FRI SAT SUN

⁰³ **Separate Facts From Predictions**

Make two columns: what you know and what you expect. Treat predictions as witnesses, not verdicts.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Argue All Three Sides**

Make the best good-faith case to start, stay, and leave. The weak argument often reveals the hidden assumption.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Set a Review Date**

If the verdict is stay or wait, assign a date and evidence standard for reopening the case. Otherwise delay becomes the decision.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Own the Tradeoff Out Loud**

Say the cost of your choice plainly to one trusted person. If you need euphemisms to defend it, the process needs more truth.