

The 8th Habit

by Stephen R. Covey

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

☐ ⁰¹ **List your strengths**
Write the skills people already rely on you to use.

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☐ ⁰² **Name the need**
Identify who benefits if you use those strengths well.

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☐ ⁰³ **Write a voice sentence**
Complete: I use my strengths to serve...

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☐ ⁰⁴ **Choose a leadership assist**
Pick one person whose voice you can help surface.

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☐ ⁰⁵ **Use one strength well**
Apply a trusted skill to a real need today.

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☐ ⁰⁶ **Ask for voice**
Invite someone quieter to name what they see.

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☐ ⁰⁷ **Check conscience**
Before a win, ask what line you will not cross.

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☐ ⁰⁸ **Build trust deliberately**
Keep one promise quickly and visibly.

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