

# The Big Leap

by Gay Hendricks

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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> **Catch one upper-limit symptom**

For 24 hours, label worry, criticism, deflection, or sudden conflict as a ceiling signal before you explain it as reality.

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<sup>02</sup> **Trade excellence for genius once**

Move one task you are merely excellent at off your calendar and protect a 45-minute block for work that feels uniquely alive.

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<sup>03</sup> **Name the hidden barrier**

Write the sentence underneath your hesitation: flaw, loyalty, burden, or outshining. Then write the counter-commitment.

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<sup>04</sup> **Practice Einstein Time**

Choose one commitment this week and complete it cleanly, without urgency theater, apology loops, or calendar martyrdom.