

# The Defining Decade

by Meg Jay

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> **Message one weak tie today**

Pick someone you haven't talked to in 6+ months. Send a 3-sentence message asking how they got into their current role. No agenda, no apology for the gap.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Name one piece of identity capital you'll stack this quarter**

A skill, a credential, a public project, a side gig - something concrete you can point to in 90 days. Write it down. Tell one person.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Write a letter to your 30-year-old self**

One page. What do you want to be true about your work, body, money, and relationships then? Use it to filter the next decision you make this week.

MON TUE WED THU FRI SAT SUN

<sup>04</sup> **Audit your timeline against the math**

Want kids, a house, a built career, savings? Work backward from 35 and write the years next to each milestone. Notice what has to start now, not later.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Pick the harder version of the same skill**

Don't switch domains - go one level deeper in what you already do. Take on the project you're slightly underqualified for. That's where neuroplasticity actually pays you.

MON TUE WED THU FRI SAT SUN

<sup>06</sup> **Have one honest conversation about your relationship**

If you're partnered, ask: are we choosing each other on purpose, or just continuing because stopping is hard? If single, write down the non-negotiables before the next date.