

The Greatest You

by Trent Shelton, Lou Aronica

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 truth without polishing it**

Spend ten minutes naming the pattern, relationship, fear, or excuse you keep making presentable. Do not solve it yet. Tell the truth first.

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⁰² **Choose one private standard**

Pick a daily behavior that proves self-respect when nobody is watching: sleep, movement, prayer, sobriety, focused work, or clean speech. Keep it for seven days.

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⁰³ **Edit one backstage pass**

Identify one person, app, habit, or environment with too much access to your peace. Reduce its access this week instead of waiting for a dramatic breaking point.

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⁰⁴ **Turn one scar into service**

Share one lesson you learned the hard way with someone who could use it. Keep it humble, specific, and useful rather than performative.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Have the clean conversation**

Say one honest sentence you have been avoiding. No blame, no speech, no escape hatch. Clarity is often the first evidence that you are becoming whole.