

The Life-Changing Magic of Not Giving a F*ck

by Sarah Knight

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 **List your care budget**

Write the people and obligations that deserve real care this month.

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MON TUE WED THU FRI SAT SUN

☐ ⁰² **Find one fake yes**

Name a commitment you accepted from guilt or image.

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MON TUE WED THU FRI SAT SUN

☐ ⁰³ **Prepare a polite no**

Write a clear decline that does not insult, lie, or over-explain.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁴ **Choose a no category**

Pick one type of request that is an automatic no this season.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁵ **Decline one small ask**

Say no to one low-stakes request cleanly.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁶ **Spend care deliberately**

Put time into one thing that made the budget on purpose.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁷ **Audit resentment**

Use resentment as data about where a yes was dishonest.

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