

# The Pivot Year

by Brianna Wiest

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> **Name the misfit**

Write the role, routine, or belief that no longer fits honestly.

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☐ <sup>02</sup> **Honor the old chapter**

List three things the old version gave you before releasing it.

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☐ <sup>03</sup> **Choose one identity vote**

Pick one behavior that proves the person you are becoming.

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☐ <sup>04</sup> **Protect the beginning**

Decide who does and does not get access to your transition yet.

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☐ <sup>05</sup> **Repeat the small proof**

Do the chosen identity vote once per day for a week.

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☐ <sup>06</sup> **Stop explaining early**

Let one change remain private until it has roots.

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☐ <sup>07</sup> **Track old pull**

Notice when you reach for an old identity to feel safe.

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☐ <sup>08</sup> **Choose the next honest step**

When overwhelmed, ask what is true enough to act on today.

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