

The Way of Integrity: Finding the Path to Your True Self

by Martha N. Beck

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

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01

Map one false yes

Write down one agreement that feels tight in your body.

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02

Name the should

Identify whose rule you are trying to satisfy.

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03

Draft a clean no

Write a one-sentence refusal without overexplaining.

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04

Choose the true sentence

Pick the smallest truth you can say kindly today.

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05

Check body before agreeing

Pause for one breath before each yes.

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06

Replace performance language

Say what you mean plainly once per day.

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07

Repair one mismatch

Align one calendar item with what you actually value.

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