

The Way of the Superior Man

by David Deida

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 your current purpose line** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Name the work or contribution that would still matter if approval disappeared. Keep it plain, concrete, and revisable.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰² **Map approval leaks** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- List three places where you trade honesty for being liked, desired, admired, or unchallenged. Choose one to repair first.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰³ **Define a presence cue** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Choose a physical cue for difficult moments: breathe lower, soften the jaw, feel the feet, and tell the truth without drama.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁴ **Create a clean intimacy request** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Write one relationship request without blame, performance, or hidden testing. Make it direct enough to be answerable.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁵ **Do one purpose-first block** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Spend one focused block on the work you claim matters before checking for approval, messages, or external validation.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁶ **Stay open during discomfort** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- In one tense moment today, keep breathing and listening instead of collapsing, attacking, or performing certainty.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁷ **Tell one cleaner truth** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Say one true thing kindly and directly where you would usually hint, withdraw, or seek permission to be honest.