

Unfu*k Yourself: Get Out of Your Head and Into Your Life

by Gary John Bishop

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 command

Write the sentence currently running your behavior, then rewrite it as a command that creates agency.

☐

☐

☐

☐

☐

☐

☐

MON TUE WED THU FRI SAT SUN

☐

02

Choose the ten-minute move

Pick one action small enough to begin in ten minutes and visible enough to prove motion.

☐

☐

☐

☐

☐

☐

☐

MON TUE WED THU FRI SAT SUN

☐

03

Name your negotiation

List the excuse you keep debating with and the cost of continuing the debate.

☐

☐

☐

☐

☐

☐

☐

MON TUE WED THU FRI SAT SUN

☐

04

Set a no-drama trigger

Choose one cue that means you stop thinking and start the next physical step.

☐

☐

☐

☐

☐

☐

☐

MON TUE WED THU FRI SAT SUN

☐

05

Move before mood

Once per day, do the chosen action before checking whether you feel like it.

☐

☐

☐

☐

☐

☐

☐

MON TUE WED THU FRI SAT SUN

☐

06

Use ownership language

Replace one passive phrase with a sentence that names your choice or next responsibility.

☐

☐

☐

☐

☐

☐

☐

MON TUE WED THU FRI SAT SUN

☐

07

End with evidence

At night, write the action that proves you were not only your thoughts today.

☐

☐

☐

☐

☐

☐

☐