

# Untamed

by Glennon Doyle

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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> **Write the cage sentence**

Complete this line without softening it: 'I have been pretending that...' Then circle the person, rule, or fear you are protecting by pretending.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Practice the knowing pause**

Before answering one request this week, put a hand on your body and ask: 'What do I know before I explain?' Let the answer arrive before the performance starts.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Disappoint someone cleanly**

Choose one honest no, boundary, or preference. State it kindly without over-defending, then let the other person have their reaction without taking it back.

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<sup>04</sup> **Track envy as desire**

When envy appears, write: 'This may be showing me I want...' Convert the feeling into one small experiment instead of a private accusation.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Make one wild repair**

Tell the truth where you have been hiding, then repair what truth makes visible: apologize, renegotiate, ask for help, or change the pattern.