

What I Wish I Knew When I Was 20

by Tina Seelig

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

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01

Flip one constraint

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Choose a current limitation and rewrite it as a design rule that could make the idea sharper.

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02

Ask a better question

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Replace What should I do? with What problem is hiding inside this irritation?

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03

Prototype in 45 minutes

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Create one rough artifact, script, page, or sketch that someone else can react to today.

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04

Make an asset list

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List ten resources you already have that are not money: people, places, skills, tools, stories, or timing.

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05

Run a curiosity interview

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Ask three people what frustrates them about a topic you are exploring and record exact words.

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06

Trade for momentum

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Offer a useful skill or introduction in exchange for access, feedback, or a test audience.

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07

Publish one small proof

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Share a tiny demonstration of the thing you are learning before you feel fully qualified.

Modeling - YouAreThe.com/books/what-i-wish-i-knew-when-i-was-20 (c) 2026

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08

Follow up within a day

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After a useful conversation, send a clear thank-you and one next step within 24 hours.