

Will I Ever Be Good Enough?

by Karyl McBride

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 **Map The Approval Loop**

Write one recurring situation where you chase approval. Track the trigger, the performance you attempt, and the cost to your body afterward.

MON TUE WED THU FRI SAT SUN

⁰² **Name The Mothering You Needed**

List three forms of care you wanted but did not reliably receive. Let the list be grief, not evidence that you were too much.

MON TUE WED THU FRI SAT SUN

⁰³ **Practice One Clean Boundary**

Choose a low-stakes limit and say it without over-explaining: I cannot do that, That does not work for me, or I need time to decide.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Replace The Borrowed Voice**

When the inner critic attacks, write the sentence it says, then answer it as the steady adult your younger self needed.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Choose A Mutual Relationship**

Spend intentional time with someone who asks about you, respects your no, and does not require performance to stay connected.