

Women Don't Owe You Pretty

by Florence Given

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

☐ ⁰¹ **Name one old demand**
Write the expectation asking you to be smaller, prettier, or quieter.

MON TUE WED THU FRI SAT SUN

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☐ ⁰² **Draft a refusal**
Create one sentence that rejects the demand clearly.

MON TUE WED THU FRI SAT SUN

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☐ ⁰³ **Choose a boundary**
Pick one place where access to you needs a limit.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁴ **Identify approval cost**
Name what you lose when you try to be liked there.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁵ **Say one clean no**
Decline without decorating the answer.

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☐ ⁰⁶ **Stop apologizing for preference**
State what you want plainly once today.

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☐ ⁰⁷ **Let anger inform you**
Write what the anger is protecting.

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☐ ⁰⁸ **Claim visible space**
Wear, say, or choose one thing for yourself.

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