

Year of Yes

by Shonda Rhimes

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

Audit your reflexive no

For one week, write down every invitation, request, desire, or opportunity you decline. Mark which no protects a real value and which one protects fear.

MON TUE WED THU FRI SAT SUN

⁰²

Accept one visibility moment

Choose one small public yes: ask a question, make the introduction, speak first in a meeting, post the thing, or accept the invitation you would normally dodge.

MON TUE WED THU FRI SAT SUN

⁰³

Schedule joy before exhaustion

Put one non-productive delight on the calendar before the week fills up. Treat it as seriously as work, childcare, errands, or admin.

MON TUE WED THU FRI SAT SUN

⁰⁴

Say the clean sentence

Find one conversation where you are over-explaining. Write the honest sentence in plain language, then remove the apology that does not belong there.

MON TUE WED THU FRI SAT SUN

⁰⁵

Ask for help out loud

Pick one burden you have made part of your identity. Ask a specific person for a specific form of help, without turning the request into a joke.