ACTION CHECKLIST

You Are a Badass at Making Money

by Jen Sincero

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 **Write the old money script**

Set a timer for ten minutes and write every sentence you inherited about rich people, debt, charging, saving, and what people like you are allowed to earn.

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☐ 02 **Name one unapologetic number**

Choose one concrete number for this month: revenue, savings, debt payoff, rate, salary, or invoice amount. Make it specific enough to behave toward.

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☐ 03 **Make the clean ask**

Send one money-facing request today: pitch the client, ask for the raise conversation, negotiate the bill, follow up on the invoice, or raise the price.

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☐ 04 **Collect evidence of receiving**

Record three moments this week when money, help, praise, or opportunity arrives. Practice saying thank you before you deflect or minimize it.

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☐ 05 **Create a richer identity cue**

Change one visible detail around your money life: rename an account, update an invoice template, schedule a weekly money date, or dress up the place where you handle finances.

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☐ 06 **Pair gratitude with movement**

List five ways money already supports you, then make one practical move that protects or expands that support within the next 24 hours.