

You Are a Badass Every Day

by Jen Sincero

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

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01

Choose one bold proof

Pick one action today that supports the identity you claim to want.

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02

Name the old loop

Write the sentence that keeps shrinking you, then label it as old programming.

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03

Take a five-minute start

Begin the avoided task for five minutes before judging your mood.

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04

Replace one comparison

When you compare, name one metric that belongs to your own path.

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05

Use a reset phrase

Create a short phrase that brings you back to action without debate.

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06

Move your body first

Use a physical reset before trying to think your way out of flat energy.

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07

Ask for the bigger room

Make one request that your older self would have avoided.

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08

Track proof, not mood

Record what you did today that proves forward motion.

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