

# You Are a Badass

by Jen Sincero

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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

<sup>01</sup> **Retire one old headline**

Write the sentence that keeps making you smaller, cross it out, and replace it with a line you can act from today.

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<sup>02</sup> **Make a loud micro-decision**

Choose one delayed decision and remove one option, tab, draft, or excuse that lets you keep negotiating with fear.

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<sup>03</sup> **Do a state-change sprint**

Before analyzing your life, move for three minutes, play one energizing song, then take the smallest useful action.

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<sup>04</sup> **Ask for the bigger room**

Send one request that matches the life you say you want: a meeting, pitch, application, collaboration, or invitation.

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<sup>05</sup> **Collect proof before bed**

End the day by recording one piece of evidence that you acted from the new story instead of the old one.