

# All Boys Aren't Blue

by George M. Johnson

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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> **Find and read one queer story you relate to**

Representation matters. Find a memoir, novel, or essay by a queer author whose experience resonates. Read it without judgment.

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<sup>02</sup> **Practice 'showing up as yourself' in one safe space**

Identify one context (friend group, online community, therapy) where you can be fully yourself. Spend more time there.

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<sup>03</sup> **Name your masks**

Moore: where do you code-switch? In what contexts do you perform a version of yourself? Name those contexts. Notice the exhaustion.

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<sup>04</sup> **Build one connection with someone who gets it**

Moore's research: belonging is a primary human need. If you're navigating identity without community, find one person who understands.

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<sup>05</sup> **Be the person you needed at 15 for someone younger**

Moore's call to action: mentor, support, or simply affirm one younger person navigating what you navigated. It changes outcomes.

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<sup>06</sup> **Write your own story - even if it's only for yourself**

Moore on the power of narrative: taking ownership of your story is an act of self-liberation. Even 15 minutes of honest writing changes something.