

Dare to Lead

by Brené Brown

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 **Run one clear-is-kind conversation this week**

Identify a conversation you have been avoiding. Write down the specific behavior, its impact, and what you need. Deliver it face-to-face within 48 hours.

MON TUE WED THU FRI SAT SUN

⁰² **Define your two core values in observable behaviors**

Choose two values that define how you lead. For each, write three specific behaviors someone could see you doing. Post them where your team can hold you accountable.

MON TUE WED THU FRI SAT SUN

⁰³ **Use the BRAVING checklist in one relationship**

Pick one working relationship and score it on all seven BRAVING dimensions. Identify the weakest pillar and take one specific action to strengthen it this week.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Say "the story I am telling myself" in a real conflict**

In your next disagreement, pause and say: "The story I am telling myself is..." Then share the narrative running in your head. Watch how it changes the conversation.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Debrief one failure without blame**

Choose a recent project setback. Gather the team. Separate what happened from the stories added on top. Ask: what did we learn, and what will we do differently?

MON TUE WED THU FRI SAT SUN

⁰⁶ **Identify your go-to armor and practice the alternative**

From the six armor types, name the one you wear most. This week, catch yourself putting it on once and consciously choose the daring alternative instead.