

Daring Greatly

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 **Share Something Imperfect Today**

Send a text, make a comment, tell a story - and don't edit out the messy parts. Practice being seen in small, safe ways. The muscle grows with use.

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⁰² **Refuse to Participate in Armor-Building**

Notice when you're performing strength, hiding uncertainty, or deflecting with humor. Pause. Take a breath. Let something real come through instead.

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⁰³ **Teach Your Kids That Making Mistakes Is Mandatory**

Instead of 'I hope you don't mess up,' try 'I hope you mess up in interesting ways so we can learn together.' Normalize failure as data, not disaster.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Ask for Help Without Apologizing**

Request what you need without a qualifier. Not 'Sorry to bother you, but...' Just: 'I need this.' Worthy people ask. It's not a weakness.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Have One Conversation Without Planning the Exit**

In your next meaningful conversation, resist the urge to plan your response while they talk. Listen fully. Let there be silence. Let the other person be felt.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Own One Story You're Ashamed Of - Out Loud to Someone Safe**

Pick one thing you've been hiding and tell it - briefly, honestly, without the dramatic backstory. Shame cannot survive being spoken to someone who receives it.