

Fierce Conversations

by Susan Scott

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 **Name the Real Issue in One Sentence**

Before your next hard conversation, write the issue in one plain sentence: "The issue I want to resolve is..." If it takes a paragraph, you are still hiding from the point.

MON TUE WED THU FRI SAT SUN

⁰² **Use the Situation, Impact, Stakes Frame**

Open with what happened, why it matters, and what is at risk if nothing changes. This keeps the conversation direct without becoming a personal attack.

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⁰³ **Ask: What Am I Pretending Not to Know?**

Use this question privately before the conversation starts. It cuts through delay, politeness, and false confusion.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Invite the Other Reality**

After naming your view, ask: "What does this look like from where you sit?" Fierce does not mean unilateral. It means truthful enough to learn.

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⁰⁵ **Hold the Pause for Five Seconds**

When the room gets quiet, do not rescue it immediately. Count to five. Let the other person think, feel, and answer from somewhere deeper than reflex.

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⁰⁶ **End with a Clean Commitment**

Do not end with vague goodwill. Agree on the next behavior, owner, deadline, or check-in. A fierce conversation should change what happens next.