

# Ganbatte!

by Albert Liebermann

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> **Run a 1% kaizen sprint**

Pick one habit and improve only the next repeat. Make the step so small you cannot fail, then log it before bed.

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<sup>02</sup> **Set a yoyu boundary**

Schedule one non-negotiable recovery block today. Protect it like a meeting with your future self.

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<sup>03</sup> **Use beginner's mind in one routine**

Choose one familiar task and ask: if this were my first day, what would I change? Implement one improvement immediately.

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<sup>04</sup> **Write your effort contract**

Define what 'good effort' means for today in three lines. Judge yourself against that contract, not outcome noise.

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<sup>05</sup> **Ask for one specific support**

Make one concrete request: feedback, childcare, accountability, or help with a task. Shared effort is still effort.

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<sup>06</sup> **End the day with a gaman check**

Before sleep, name one pressure you handled with dignity and one adjustment for tomorrow.