

# Rising Strong

by Brené Brown

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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> **Write the first draft**

When you feel hooked, write one sentence beginning: 'The story I am making up is...' Do not polish it. Capture the raw version first.

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<sup>02</sup> **Separate facts from meaning**

Draw two columns: what actually happened and what you decided it meant. Circle every assumption that needs a question.

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<sup>03</sup> **Name the body cue**

Identify where the fall lives physically: chest, throat, stomach, jaw, shoulders, hands. Let that cue become your pause signal.

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<sup>04</sup> **Ask the rumble question**

Before reacting, ask: what do I need to learn about this person, this situation, and myself before I choose a response?

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<sup>05</sup> **Choose one brave repair**

Turn the new ending into behavior: apologize, clarify an expectation, request reassurance, state a boundary, or grieve honestly.