

# The 10x Rule

by Grant Cardone

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> **Rewrite One Goal at 10X Scale**

Choose one active goal and multiply the outcome by ten. Do not solve it yet. Let the larger number expose what your current plan is missing.

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<sup>02</sup> **Build a Massive Action List**

Write 25 visible actions for the goal: calls, offers, posts, proposals, asks, demos, follow-ups. If the list stays private, it is not massive enough.

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<sup>03</sup> **Run a Follow-Up Sprint**

Contact every warm lead, past customer, dormant relationship, or unfinished opportunity this week. The fastest 10X move is often reactivating trust you already earned.

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<sup>04</sup> **Name the Average Trap**

Find the place where you are doing enough to feel busy but not enough to change the result. Cut the polite activity or raise it until it matters.

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<sup>05</sup> **Make the Goal Public**

Tell someone specific what you are building, by when, and what action you are taking next. Visibility creates pressure, and pressure reveals the real plan.

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<sup>06</sup> **Schedule Fear Before Comfort**

Put the most exposed action first on tomorrow's calendar: the call, pitch, ask, negotiation, or shipment. Do it before inbox maintenance can disguise avoidance.