

# The Courage to Be Disliked

by Ichiro Kishimi, Fumitake Koga

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> **Identify one task you've been carrying that isn't yours**

Kishimi and Koga: look at your current anxieties. Pick one that belongs to someone else's response, behavior, or opinion. Name it clearly. Then set it down.

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<sup>02</sup> **Ask: what purpose does this feeling serve me?**

Kishimi and Koga on teleology: the next time you feel stuck, angry, or sad - instead of asking 'why do I feel this?' ask 'what goal does this feeling help me achieve?' The answer is usually illuminating.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Tell one truth today that risks being disliked**

Kishimi and Koga: find one thing you've been withholding out of fear of disapproval. Say it - calmly, from your values. Notice that you survive. Your freedom grows with each honest act.

MON TUE WED THU FRI SAT SUN

<sup>04</sup> **Replace 'because of' with 'in order to' - once**

Kishimi and Koga: take one story you tell about yourself that starts with 'I can't do X because of Y.' Rewrite it as 'I am choosing not to do X in order to...' and see what goal is revealed.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Contribute to one person without expecting acknowledgment**

Kishimi and Koga on social interest: do one kind or useful thing today - and tell no one. Not even yourself by replaying it. This is the practice of contributing without needing.

MON TUE WED THU FRI SAT SUN

<sup>06</sup> **Write the chapter you want to live next**

Kishimi and Koga: what story are you currently living that you did not consciously choose? Write one paragraph of the story you would choose. Begin there.