

The Gifts of Imperfection

by Brené Brown

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 **Write an Enoughness Permission Slip**

Before one high-pressure moment, write: 'I give myself permission to show up before I feel polished.' Keep it visible while you send, ask, lead, parent, or speak.

MON TUE WED THU FRI SAT SUN

⁰² **Tell One Trustworthy Person the Real Story**

Choose someone who has earned the right to hear it. Share the tender part without turning it into a joke, a resume, or an apology. Ask them only to witness it.

MON TUE WED THU FRI SAT SUN

⁰³ **Run a Numbing Audit**

For twenty-four hours, notice every reflex that helps you check out: scrolling, snacking, shopping, overworking, performing. Name the feeling that arrived right before the reflex.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Make Something Unshareable**

Spend ten minutes making, doodling, singing, cooking, moving, or arranging with no plan to post or optimize it. Creativity rebuilds a self that comparison cannot measure.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Replace the Courtroom Voice**

When you hear the inner prosecutor, rewrite one sentence as if you were speaking to someone you love. Do not make it fake-positive. Make it kind and true.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Schedule Play Before Productivity**

Put one nonproductive, joy-only activity on the calendar before the week fills up. Treat rest and play as guideposts, not rewards for becoming less human.