

The Motivation Manifesto

by *Brendon Burchard*

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 a One-Page Standard of Identity**

Draft a short manifesto in plain language: who you are, what you refuse to tolerate, and what standards define your next season.

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⁰² **Protect the First 45 Minutes**

Before messages, complete one self-directed task that proves ownership of your day. This is your anti-reactivity anchor.

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⁰³ **Set a Daily Courage Repetition**

Choose one uncomfortable action to repeat for seven days: a hard call, a difficult ask, or publishing your work in public.

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⁰⁴ **Create a Friction Audit**

Identify the top three things that derail your focus and remove at least one of them from your environment this week.

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⁰⁵ **Install an Evening Integrity Review**

End each day with two questions: Did I act by my standards? What one adjustment will I make tomorrow?

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⁰⁶ **Declare a 30-Day Non-Negotiable**

Pick one behavior that defines your future identity and execute it daily for 30 days with no skip logic.