

The Subtle Art of Not Giving a F*ck

by Mark Manson

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 **Identify your 'f*ck budget'**

What are the 3 things you will not compromise on? These are your 'f*ck yes' commitments. Everything else gets a 'f*ck no.'

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⁰² **Do one uncomfortable thing today**

Manson: growth lives on the other side of avoidance. Pick one thing you've been putting off because it's uncomfortable. Do it first.

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⁰³ **Flip the question from 'how do I feel about this?' to 'is this my problem to solve?'**

When someone brings you their problem, check: is this actually my responsibility? Boundary-setting starts with accurate assignment.

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⁰⁴ **Practice negative visualization**

Manson's Stoic technique: each morning, briefly imagine what could go wrong. Then return to gratitude. This builds genuine resilience.

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⁰⁵ **Pick one thing to fail at**

Choose a goal where failure is publicly possible. Commit to it. The act of choosing difficulty on your own terms builds the muscle for required difficulty.

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⁰⁶ **Track your 'avoidance log'**

For one week, write down every time you actively avoid something uncomfortable. At week's end: what patterns emerge? Which avoidance is costing you?