

Unf*ck Yourself

by Gary John Bishop

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 the one thing you're tolerating that costs you the most

Look at your life and find the one thing you keep 'putting up with' - a job, a habit, a relationship pattern. Write it down. Bishop would ask: why are you still paying this price? What would change if you stopped tolerating it today?

MON TUE WED THU FRI SAT SUN

02 Replace 'I can't' with 'I won't' for 24 hours

Every time you catch yourself saying 'I can't do X,' replace it with 'I won't do X.' Feel the difference. 'Can't' implies inability. 'Won't' reveals choice. This single word swap makes your agency visible - and uncomfortable.

MON TUE WED THU FRI SAT SUN

03 Do the thing you've been overthinking - right now

You know exactly what it is. The email, the conversation, the workout, the decision. You've been 'thinking about it' for days or weeks. Stop thinking. Open it, dial it, start it. Bishop: action produces clarity that thinking never will.

MON TUE WED THU FRI SAT SUN

04 Audit your last 7 days of actions - not intentions

Pull up your calendar and screen time. What did you actually DO last week? Not what you planned, wished, or said - what happened. That's your real life. The gap between your intentions and your actions is the size of your problem.

MON TUE WED THU FRI SAT SUN

05 Say 'I am willing' before one hard thing today

Pick the hardest thing on your list. Before you start, say out loud: 'I am willing.' Not 'I want to' or 'I need to.' Willingness is a decision, not a feeling. Making it verbal makes it real.

MON TUE WED THU FRI SAT SUN

06 Pick one excuse and kill it permanently

Write down your most-used excuse. The one you fall back on when things get hard. Read it out loud. Then write underneath it: 'This is a story I tell myself. It is not a fact.' Burn the paper if you want. Then act as if the excuse never existed.