

21 MICRO-STEPS. ONE PAGE.

One small, doable thing from each chapter of Batteries Included. Nobody has to see you do any of them.

PART ONE · SEVEN THREATS

- 1** The next time you answer someone, catch the half-second before you speak where you shrink your real answer.
- 2** Pick one room you already feel safe in and, this week, widen by five percent: say one sentence in your own cadence.
- 3** Say one sentence that protects the person under the function. Say it once, and stop talking.
- 4** Write down one true thing and say it out loud to the person it's for.
- 5** Write a bare receipt of reality: three lines of fact, the way they'd read in a court record.
- 6** Think of three people and put one word on each in your head: audience, ally, or friend.
- 7** Name what you've been funding. One sentence: I am performing ____ to buy ____.

PART TWO · SEVEN TRUTHS

- 8** List everyone you pour yourself into and ask of each name: if I stopped being useful tomorrow, would they still call?
- 9** Before you say yes to the next thing, write three lines: what you're doing, what you're getting, when it's done.
- 10** Write two lists side by side: Standards I'm living by, and Standards I actually chose.
- 11** Write two sentences: They told me to... and I did it. My gut said...
- 12** This week, do one thing that is entirely, completely, unapologetically for you. Not a grand gesture.
- 13** This week, do not tell someone something. Take one real thing you would normally hand to the nearest room and keep it.
- 14** Tomorrow morning, before you check your phone, send yourself a message: three to five lines in your own words.

PART THREE · SEVEN STEPS

- 15** Treat the pull to go silent as the signal; ask the question out loud, to the one person who can answer it.
- 16** What is your no? Find the one line that would mean the deal is over, and name it today while you're calm.
- 17** When something hits you and you don't have words yet, take the walk; then say the small true thing before it ferments.
- 18** Before you begin the task, decide what done actually is. Name it out loud. Not your ceiling, the need.
- 19** When guilt floods in after you hold a line, ask: is it how I behaved, or that my choice cost someone?
- 20** Schedule the empty time and guard it like a paying client. Put it on the calendar in ink.
- 21** Pick one thing that's yours and work it where nobody can see it, thirty minutes before the day takes you.