

# Extreme Ownership Cheat Sheet

## 1. Take Full Responsibility

- **Mindset:** Stop blaming circumstances, others, or luck. Own everything in your life and decisions.
  - **Action:** When something goes wrong, ask, *“What can I do to fix or improve this?”*
  - **Habit:** Daily reflection—identify one area where you can take ownership instead of deflecting.
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## 2. No Excuses, Only Solutions

- **Mindset:** Excuses limit growth; focus on actionable solutions instead.
  - **Action:** When faced with challenges, write down three possible ways forward.
  - **Habit:** Practice accountability—report progress to yourself or a trusted accountability partner.
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## 3. Prioritize and Execute

- **Mindset:** Don't get overwhelmed by too much at once. Focus on what truly matters.
  - **Action:** Identify the most important task (MIT) each day. Attack it first.
  - **Habit:** Use a daily “priority list” to tackle high-impact tasks before minor distractions.
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## 4. Decentralized Ownership / Empower Others

- **Mindset:** Growth isn't done alone. Help others take responsibility and develop themselves.

- **Action:** Mentor someone on a project or habit, but let them lead the execution.
  - **Habit:** Weekly check-ins with others to guide without micromanaging.
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## 5. Plan, Communicate, Execute

- **Mindset:** Ambiguity creates mistakes. Clear plans and communication reduce stress.
  - **Action:** Before starting something, write down your plan and share it clearly.
  - **Habit:** Practice concise communication—state purpose, plan, and next steps.
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## 6. Discipline Equals Freedom

- **Mindset:** Structure and self-discipline are not constraints—they create options and flexibility.
  - **Action:** Build routines around key areas: health, learning, work.
  - **Habit:** Morning/evening rituals to reinforce consistency and mental clarity.
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## 7. Check Your Ego

- **Mindset:** Ego clouds judgment and blocks learning. Be humble and teachable.
  - **Action:** Seek honest feedback and act on it, even if it stings.
  - **Habit:** End-of-day reflection: “Where did ego hinder my growth today?”
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## 8. Focus on the Mission (Your Life Goals)

- **Mindset:** Keep your “mission” (personal vision) as the guiding compass.

- **Action:** Break big life goals into small, daily actionable steps.
  - **Habit:** Weekly review of progress toward your personal mission.
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## 9. Implement After Action Reviews (AARs)

- **Mindset:** Reflection accelerates improvement. Don't just move on—analyze outcomes.
  - **Action:** After each project or week, ask: What worked? What didn't? What can I improve?
  - **Habit:** Journal weekly insights and lessons learned.
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## 10. Extreme Ownership Is a Lifestyle

- **Mindset:** This isn't just for work—it's for relationships, health, learning, and everything.
  - **Action:** Treat challenges in all areas of life as opportunities to own your growth.
  - **Habit:** Each day, ask: "What did I own today that will make me better tomorrow?"
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### **Key Quote for Daily Motivation:**

*"There are no bad teams, only bad leaders. Take extreme ownership of your life, and everything improves."*