

## 30■Day Many■Masks Practice (Micro■steps)

Day 1: Name today's primary role. Write one sentence about how it serves. Day 2: Teach one method you use—share steps with someone. Day 3: Remove one tiny permission barrier you've set for others. Day 4: Publish a 'how I decide' note for a small choice. Day 5: Give a clean exit: make one commitment easier to leave. Day 6: Replace one opaque rule with a plain■language reason. Day 7: Ask a beginner's question in public; thank whoever answers. Day 8: Document 'How to replace me' for one task you own. Day 9: Create a reversible version of a choice (trial, draft, sandbox). Day 10: Explain a decision to a sincere 12■year■old (real or imagined). Day 11: Add friction to a harmful habit; add flow to a helpful one. Day 12: Invite dissent: ask 'What am I missing?' and listen. Day 13: Export your data from a tool; note what was hard—then share tips. Day 14: Credit a teacher by name and pass their method forward. Day 15: Do the Mask On/Off practice before a key conversation. Day 16: Design one small 'scaffold that self■removes' after success. Day 17: Audit a page or product for dark patterns; remove one. Day 18: Offer office hours: one hour for anyone to ask you anything. Day 19: Write a 'permission slip' you needed once; share it. Day 20: Create a template others can reuse without asking you. Day 21: Translate a complex idea into 8th■grade language. Day 22: Make one process more legible: publish the steps. Day 23: Shorten a wait: automate a response or clarify timelines. Day 24: Return a borrowed method with interest—improve the doc. Day 25: Pair with a beginner; let them drive while you coach. Day 26: Find one gate you keep; open it for someone today. Day 27: Replace a shaming habit with private coaching + public praise. Day 28: Run the 60■second check on a decision; adjust one thing. Day 29: Thank a critic; extract the gift; publish your learning. Day 30: Plan the next 30 days: pick three practices to repeat.