

grow the f*ck up

how to be an adult and get treated like one

SARAH KNIGHT



VORACIOUS

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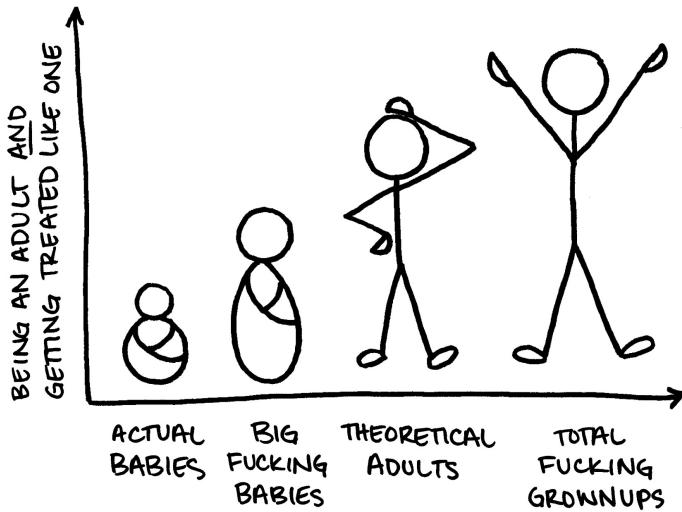
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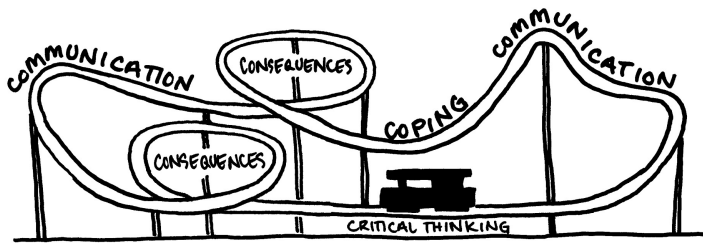
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The evolution of a Total Fucking Grownup





AM I ACTING LIKE A FUCKING ADULT?



DIFFICULT OR ANNOYING SHIT I HAVE
TO DEAL WITH

HABITS THAT WOULD
MAKE IT EASIER

INCENTIVES THAT WOULD
MAKE IT MORE PLEASANT

HOW am I
feeling?

WHY am I feeling
that way?

WHAT can I do
about it?

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

WHAT DO I VALUE?

WHAT SHOULD MY DAY-TO-DAY PRIORITIES BE?

<hr/>	<hr/>
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MY DECISION

WHAT'S THE [LIKELY] WORST THAT CAN HAPPEN?

I feel better when

I feel like shit when

GROW

THE

FUCK

UP!

Acknowledgments

I'm not sure it takes a village to publish a book so much as it takes a team of wildly intelligent, creative, enterprising gluttons for punishment — but either way, between my teams at CAA (formerly ICM Partners) and Hachette Book Group, I've got the best/longest-suffering squad on my side. *Grow the Fuck Up* is our tenth (!) book together, and to all of them — along with the booksellers and readers who've kept the NFG machine rolling along all these years — I say: Oops!...We did it again.

(And THANK YOU.)

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About the Author

Sarah Knight's first book, *The Life-Changing Magic of Not Giving a Fuck*, has been published in more than thirty languages, and her TEDx talk, "The Magic of Not Giving a F*ck," has more than ten million views. Many of the books in her No Fucks Given Guides series have been international bestsellers, including *Get Your Shit Together*, which was on the *New York Times* bestseller list for sixteen weeks. After quitting her corporate job in 2015 to pursue a freelance life, she moved from Brooklyn, New York, to the Dominican Republic, where she currently resides with her husband and two rescue cats: Gladys Knight and Mister Stussy.

You can learn more and sign up for her newsletter at sarahknight.com, and follow Sarah on Instagram, Facebook, and TikTok @sarahknightauthor or on Twitter @MCSnugz.