

A Mind for Numbers

by Barbara Oakley

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 **Run a focused/diffuse circuit**

Work one hard problem for 20 minutes, then take a 10-minute walk without your phone. Return and write the next move before checking notes.

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⁰² **Make a chunk card**

For one problem type, write the trigger clue, the first move, the common trap, and one miniature example on a single card.

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⁰³ **Test before reviewing**

Before opening the chapter, write every formula, concept, and step you can remember. Use the gaps to choose what to study.

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⁰⁴ **Shrink the start**

If you are avoiding the subject, set a 12-minute timer and define success as simply beginning with one example.

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⁰⁵ **Protect the next-morning review**

End a session by marking one problem to revisit after sleep. Solve it cold before looking at yesterday's work.