

Algorithms to Live By

by Brian Christian, Tom Griffiths

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 **Write a Stopping Rule First**

Before your next search, define the sample size, the minimum acceptable bar, and the point where you will stop comparing. Do this before seeing more options.

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⁰² **Run One Explore Batch**

Pick an uncertain area and gather a small batch of new signals: five apartments, three career conversations, or ten customer interviews. Then decide what changed.

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⁰³ **Stop Sorting Low-Value Clutter**

Choose one area where organization has become procrastination. Sort only the items you retrieve weekly and leave the rest in a simple catch-all system.

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⁰⁴ **Build a Personal Cache**

Move the tools, notes, people, and decisions you reuse most into the easiest access layer. Let rarely used material require an extra step.

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⁰⁵ **Lower the Proof Burden for Reversible Choices**

Mark a decision as reversible or irreversible. If it is reversible, set a good-enough threshold and choose faster than your perfectionism prefers.

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⁰⁶ **Audit Your Queue**

List today's tasks by duration and context switching cost. Batch the similar ones, clear a few short jobs, then protect one long uninterrupted block.