

Antifragile

by Nassim Nicholas Taleb

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

Map Your Barbell

Pick one area of life. Write down the safest base you can protect and the smallest high-upside experiments you can run. Cut one comfortable middle commitment.

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 02

Remove One Ruin Risk

Find a single failure mode that could take you out of the game: debt, burnout, dependency, reputation risk. Reduce it before optimizing anything else.

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 03

Add a Small Stressor

Choose a stressor that is uncomfortable but survivable: hard feedback, heavier training, public shipping, a cold outreach. Keep the dose small enough to learn from.

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 04

Buy Optionality

Create one option that costs little to hold but could pay off later: a skill sprint, a side project, a relationship, a cash buffer, or a reusable asset.

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 05

Practice Via Negativa

Improve your week by subtraction. Remove one recurring input, meeting, habit, food, app, or obligation that reliably makes you weaker.