

Areté

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

01 Write your heroic standard

02 Protect the energy base

Pick one courage rep

04 Create a midday reset

☐ ⁰⁵ **Choose a service target**

06 Review the standard

☐ 07 **Do the courage rep**

☐ 08 **Track one aligned choice**