

Barking Up the Wrong Tree

by Eric Barker

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 **Audit your current tree**

Write down the environment you are trying to win in, the behaviors it actually rewards, and whether your strongest traits are visible there.

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⁰² **Name your useful weirdness**

List three traits you usually hide or apologize for, then identify one field where each could become an advantage.

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⁰³ **Build a friend-based luck system**

Reconnect with five people you genuinely like. Offer one useful introduction, resource, or note before asking for anything.

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⁰⁴ **Run a quit-or-commit review**

Pick one draining goal and decide whether to redesign the game, reduce the commitment, or leave it cleanly within 30 days.

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⁰⁵ **Pair generosity with boundaries**

Choose one place to be more helpful and one place to stop rescuing people from consequences they need to own.