

Be Useful

by Arnold Schwarzenegger

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 the finish line

Before tomorrow starts, write one visible outcome that would make the day useful. Make it concrete enough that another person could tell whether it happened.

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 02

Do one unskippable rep

Choose a 45-minute block for the thing you keep describing instead of doing. Remove the phone, start ugly, and leave proof when the timer ends.

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 03

Sell the mission plainly

Tell one person what you are trying to build, why it matters, and what help or accountability would make the next step easier.

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 04

Shift without drama

Name one blocked path, then design a smaller path that preserves the same direction. Change tactics before you abandon the goal.

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 05

Break the mirror

End the week with one useful act that is not about your image: make an introduction, clean up a shared burden, mentor someone, or solve a small problem quietly.