

# Brain Rules

by John Medina

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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

- <sup>01</sup> **Put a movement block before deep work**

Add a 10 to 20 minute walk, stair set, or mobility circuit before the most mentally demanding part of your day. Treat it as pre-load for attention and recall, not as a reward you earn later.

MON TUE WED THU FRI SAT SUN

- <sup>02</sup> **Redesign one meeting around story**

Take the driest recurring meeting you run and rebuild the first five minutes around tension, stakes, or a surprising example. The goal is to win attention before asking for retention.

MON TUE WED THU FRI SAT SUN

- <sup>03</sup> **Turn one dense document into a visual brief**

Replace a page of abstract bullets with a sequence, diagram, or annotated screenshot. If the idea matters, give the visual system something memorable to grip.

MON TUE WED THU FRI SAT SUN

- <sup>04</sup> **Use spaced retrieval instead of rereading**

After learning something important, test yourself later the same day, then again two days later, then again the following week. Memory strengthens when it has to be reconstructed.

MON TUE WED THU FRI SAT SUN

- <sup>05</sup> **Lower the ambient threat in one environment**

Choose one classroom, work block, or family routine and remove one source of unnecessary stress: time pressure, noise, ambiguity, or public embarrassment. Better learning usually follows safer conditions.

MON TUE WED THU FRI SAT SUN

- <sup>06</sup> **Protect the final hour before sleep**

Build a repeatable shutdown sequence with lower light, less stimulation, and no frantic task switching. The quality of tomorrow starts with how you leave today.