

Clear Thinking

by Shane Parrish

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 **Name the default before deciding**

Before one meaningful choice this week, write the automatic reaction in one sentence: emotion, ego, social pressure, or inertia. Do not judge it; just make the driver visible.

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⁰² **Create a ten-minute decision gap**

For any choice made under heat, insert a short pause. Walk, breathe, or draft the response without sending it. Use the gap to separate signal from state.

MON TUE WED THU FRI SAT SUN

⁰³ **Write one pressure principle**

Pick a recurring situation and define the rule you want to follow when it gets noisy, such as: I do not answer criticism while defensive, or I test before committing.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Add margin to one plan**

Choose a plan that assumes everything goes right. Add spare time, money, attention, or an exit ramp so a normal mistake does not become a crisis.