

Create Space

by Derek Draper

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 **Reserve one closed-door interval**

Put a 30-minute block on the calendar before the week fills itself. No phone, no caretaking, no catch-up tasks. Treat it as a room you have already paid for.

MON TUE WED THU FRI SAT SUN

⁰² **Clear one surface completely**

Choose a desk, bedside table, counter, or digital desktop. Remove everything first, then invite back only what supports the purpose of that space.

MON TUE WED THU FRI SAT SUN

⁰³ **Write the clean no**

Name one obligation you are carrying from guilt, fear, or image management. Draft a refusal in one sentence without over-explaining it.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Ask the body before the calendar**

Before accepting the next request, pause and scan your body. If it tightens, delays, or goes numb, treat that as data before you answer.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Name the thing you are numbing**

When you reach for the scroll, snack, purchase, or extra task, write the feeling underneath it in plain language. Space starts with contact.

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⁰⁶ **Build a making table**

Create one small physical station for the work, art, conversation, or practice that keeps getting postponed. Leave it visible enough to call you back.