

# Designing Your Life

by Bill Burnett, Dave Evans

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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> **Run a Good Time Journal for two weeks**

Each evening, jot down what you did and rate engagement and energy 1-5. After 14 days, look for the patterns - what consistently lit you up vs. what drained you.

MON TUE WED THU FRI SAT SUN

- <sup>02</sup> **Sketch three Odyssey Plans this weekend**

Spend 90 minutes drafting three different five-year lives: your current path expanded, plan B if that path disappeared, and the one you'd live if money and reputation didn't matter. One page each.

MON TUE WED THU FRI SAT SUN

- <sup>03</sup> **Schedule one informational interview this week**

Find one person already doing a version of work you're curious about. Ask for 20 minutes. Bring three specific questions, not a life story. Take notes.

MON TUE WED THU FRI SAT SUN

- <sup>04</sup> **Pick one prototype experiment with a 5-day timebox**

Choose the smallest reversible test of a possible path - a side project, a class, a weekend trial. Set a hard end date and define what you'll learn either way.

MON TUE WED THU FRI SAT SUN

- <sup>05</sup> **Reframe one stuck question this morning**

Take the biggest "I don't know what to do about X" in your head and rewrite it until it becomes something you can act on this week. Unactionable questions create stuckness.

MON TUE WED THU FRI SAT SUN

- <sup>06</sup> **Find your design team - three people, monthly**

Recruit two or three people who will meet with you once a month to review your experiments, push your reframes, and hold you accountable to actually shipping prototypes.