

Discipline Equals Freedom

by Jocko Willink

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

☐ ⁰¹ **Write today's order**
Define one action that must happen without negotiation.

MON TUE WED THU FRI SAT SUN

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☐ ⁰² **Set the minimum standard**
Choose the lowest acceptable version you will still execute.

MON TUE WED THU FRI SAT SUN

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☐ ⁰³ **Choose the first front**
Pick body, work, food, or sleep as today's discipline domain.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁴ **Plan the debrief**
Decide when you will review execution without excuses.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁵ **Move before mood**
Start the task before checking whether you feel ready.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁶ **Hold the wake time**
Keep the first appointment with the day.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁷ **Do the minimum workout**
Complete ten minutes rather than skipping entirely.

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☐ ⁰⁸ **Remove one escape route**
Make the easy distraction harder to access.

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