

# Discipline Is Destiny

by Ryan Holiday

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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> **Write one non-negotiable rule**

Pick one place where impulse keeps winning: phone, food, spending, sleep, temper, or avoidance. Write a rule so clear that your tired self cannot reinterpret it.

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<sup>02</sup> **Practice the ten-minute command**

When you want to avoid the hard thing, do ten clean minutes before deciding anything else. The goal is not completion. The goal is proving who is in charge.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Remove one easy escape**

Make one temptation less available before you need willpower: charge the phone elsewhere, prepare the gym bag, delete the app, or keep the snack out of the house.

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<sup>04</sup> **Delay the sharp response**

For one week, never answer anger at full heat. Draft it, wait twelve minutes, then send only what your calmer self would sign.

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<sup>05</sup> **End each day with evidence**

Before sleep, record one moment where you governed yourself. Keep it factual. Discipline compounds when the mind sees proof that standards are becoming identity.