

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

☐ ⁰¹ **Define enough** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Write what finished means for one task before starting.

☐ ⁰² **Block unproductive time** Reserve one hour that is not for improvement.

03 Name one false urgency □ □ □ □ □ □ □

Identify a task that feels urgent because of anxiety.

04 Choose a screen boundary □ □ □ □ □ □ □

Pick one daily moment that stays phone-free.

☐ ⁰⁵ **Stop at enough** ☐ ☐ ☐ ☐ ☐ ☐ ☐

End one task when the agreed version is complete.

☐ ⁰⁶ **Take a useless walk** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Walk without audio, tracking, or a destination.

☐ ⁰⁷ **Let leisure be leisure** ☐ ☐ ☐ ☐ ☐ ☐ ☐
Do one enjoyable thing without making it productive.