

Do the Work

by Steven Pressfield

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 **Name today's Resistance**

Write the exact sentence Resistance is using on you today: too late, too risky, too messy, too small. Seeing the script weakens it.

MON TUE WED THU FRI SAT SUN

⁰² **Cross the start line for ten minutes**

Set a timer for ten minutes and perform the concrete next action. No organizing, researching, or redesigning the plan.

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⁰³ **Define the shipping edge**

Choose the smallest version that can leave your private world: a paragraph sent, a prototype shared, a call made, a page published.

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⁰⁴ **Remove one amateur escape hatch**

Block the loophole you use most: extra tabs, phone checks, unnecessary tools, fake prep, or waiting for a better mood.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Debrief like a professional**

After the session, record what moved, what resisted, and the first action for tomorrow. The pro leaves tracks for the next start.