

Don't Overthink It

by Anne Bogel

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 **Create a decision budget**

Pick one recurring low-stakes choice and give it a hard cap: five minutes, three options, then done.

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⁰² **Install one default**

Choose a default breakfast, errand day, workout window, or reply template so your future self has one less negotiation.

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⁰³ **Close the comparison tabs**

When a choice is reversible, stop after the first acceptable option and spend the saved attention on actually using it.

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⁰⁴ **Ask what future-you wants**

For plans and commitments, imagine yourself at the end of the day and choose the option that creates relief, not performance.

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⁰⁵ **Publish the good-enough version**

Send the draft, make the plan, buy the ordinary thing, or start the routine before the decision becomes an identity referendum.