

Factfulness

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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

 01

Divide the Number

When a claim uses a large number, divide it by population, time, or exposure. Turn shock into scale before you decide what it means.

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 02

Ask for the Trend

Before reacting to a bad headline, look up whether the measure is getting better, worse, or moving unevenly over time.

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 03

Find the Middle

When you hear a story about rich versus poor, map it onto four income levels. Ask where most people actually live.

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 04

Update One Old Fact

Pick one belief about health, education, population, or poverty that you learned years ago. Check current data and replace the outdated version.

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 05

Write a Two-Truth Sentence

Practice saying: this problem is still serious, and this measure has improved. That sentence builds urgency without distortion.