

Feel-Good Productivity

by Ali Abdaal

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

Add one play cue

Rename today's task as a 25-minute quest, experiment, or game. Make the first pass intentionally low-stakes.

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 02

Make agency visible

Before starting, write the next concrete choice you control and the smallest finish line that would count as progress.

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 03

Borrow social energy

Work beside someone, send a tiny accountability note, or imagine the one person your finished work will help.

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 04

Diagnose the block

If you are avoiding a task, label the missing ingredient: clarity, courage, or a first step under two minutes.

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 05

Protect tomorrow's battery

End the session by saving the next move, closing the loop, and choosing one recovery action that makes tomorrow easier.