ACTION CHECKLIST

From Strength to Strength: Finding Success, Happiness, and Deep Purpose in the Second Half of Life

by Arthur C. Brooks

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 **Audit your first-curve chase**

Name one status goal that still owns more attention than it deserves.

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☐ 02 **Schedule a wisdom transfer**

Offer one concrete lesson, template, or introduction to someone earlier in the path.

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☐ 03 **Invest in one relationship**

Put one non-transactional call, meal, or walk on the calendar this week.

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☐ 04 **Reduce one applause metric**

Stop checking one ranking, count, or comparison for seven days.

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☐ 05 **Write your second-curve sentence**

Complete: 'In this season, I want to be useful by...'

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☐ 06 **Practice subtraction**

Remove one obligation that belongs to an older identity.

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☐ 07 **Mentor without performing**

Ask someone where they are stuck and listen before giving advice.