

# Hidden Potential

by Adam Grant

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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

<sup>01</sup> **Track slope, not status**

Pick one skill and record three weekly data points: what you attempted, what changed after feedback, and what improved. Judge the trend, not the starting level.

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<sup>02</sup> **Ask for advice before your next rep**

Instead of asking what you did wrong, ask a trusted person: what is one thing I should try differently next time? Use it within 48 hours.

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<sup>03</sup> **Build a temporary scaffold**

For a hard goal, add one support you can later remove: a checklist, coach, template, practice partner, deadline, or smaller first assignment.

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<sup>04</sup> **Practice one character skill deliberately**

Choose humility, proactivity, discipline, or determination. Define a daily behavior that proves it, then keep the rep small enough to repeat.

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<sup>05</sup> **Create an opportunity audit**

Look at a team, classroom, or family system and ask who gets stretch assignments, feedback, and second chances. Add one missing rung.