

How to Be Perfect: The Correct Answer to Every Moral Question

by Michael Schur

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

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01

Name the affected people

Before one decision, list who carries the benefit and cost.

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02

Ask the universal rule

Write what would happen if everyone made the same exception.

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03

Repair one small harm

Send one apology or correction without defending yourself first.

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04

Choose the less selfish option

Make one decision 10 percent more generous than your default.

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05

Check intent and impact

Write your motive and the likely result as two separate lines.

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06

Find a wiser example

Ask what a person you respect would notice in this situation.

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07

Reduce moral noise

Pick one issue where you can act instead of endlessly judging.

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