

How to Do Nothing

by Jenny Odell

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 **Take a No-Output Walk**

Walk for twenty minutes without headphones, photos, tracking, or a lesson to extract. When you return, write three things you noticed that had no use except contact.

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⁰² **Create One Attention Boundary**

Choose one capture point: notifications, metrics, email, a feed, or a recurring meeting. Add friction so your attention has to consent before entering.

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⁰³ **Learn a Local Name**

Identify one bird, tree, street, public bench, neighborhood story, or maintenance pattern near you. Attention deepens when the world becomes less generic.

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⁰⁴ **Practice Useful Uselessness**

Spend thirty minutes on something that will not improve your resume, brand, or output: sitting, sketching, watching clouds, mending, listening, wandering.

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⁰⁵ **Refuse One False Urgency**

Before reacting to a headline, message, or request, ask what action it actually deserves. If none, let the nervous system stand down instead of performing concern.

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⁰⁶ **Tend a Shared Place**

Do one small act for a commons: pick up litter, water a plant, support a library, thank a transit worker, check on a neighbor, or make a public space easier to inhabit.