

How to Fail at Almost Everything and Still Win Big

by Scott Adams

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 **Convert one goal into a system** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Rewrite a desired outcome as a repeatable daily or weekly behavior that improves your odds.

MON TUE WED THU FRI SAT SUN

☐ ⁰² **Map your energy curve** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Identify your best two-hour window, worst window, and the activities that raise or drain your baseline.

MON TUE WED THU FRI SAT SUN

☐ ⁰³ **Pick one stackable skill** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Choose a useful skill adjacent to your current work: writing, speaking, selling, coding, design, statistics, or negotiation.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁴ **Define a failure signal** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Decide what evidence would tell you to adjust the system without making it personal.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁵ **Increase luck surface area** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Choose one recurring way to publish, ask, meet, ship, or share your work.

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☐ ⁰⁶ **Run today's system rep** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Do the smallest repeatable behavior that improves your odds, regardless of mood.

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☐ ⁰⁷ **Protect peak energy** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Use your best window for the highest-leverage work before giving it to messages.

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