

How to Live on 24 Hours a Day

by Arnold Bennett

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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Claim thirty minutes
Reserve one exact half hour tomorrow for reading, study, or craft.

MON TUE WED THU FRI SAT SUN
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Make a time ledger
Write where yesterday's twenty-four hours actually went.

MON TUE WED THU FRI SAT SUN
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Choose one subject
Pick a topic you will study for ten short sessions.

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Protect the start
Set the materials out before the claimed time begins.

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Name one leak
Identify one recurring block that disappears without rest or purpose.

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Set a stop time
Give one leisure activity a clear ending before it starts.

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Use a waiting pocket
Prepare one book, note, or audio lesson for transit and waiting rooms.

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Do not overbuild
Keep tomorrow's plan small enough that it can survive a normal day.

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