

How Will You Measure Your Life?

by Clayton M. Christensen, James Allworth, Karen Dillon

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 **Audit your real strategy**

Look at the last seven days and mark where your best energy went. Rename your priorities based on evidence, not intention.

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⁰² **Fund one relationship before it asks**

Schedule one unhurried investment in a person who matters before there is a problem to solve.

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⁰³ **Write a bright-line rule**

Choose one integrity line in advance and decide what you will do when a tempting exception appears.

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⁰⁴ **Define a life metric**

Replace one public success metric with a private contribution metric you can review weekly.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Design a small family process**

Create one repeated ritual, review, or default that makes your desired home culture easier to live.