

Indistractable

by Nir Eyal

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 **Run a trigger autopsy**

Pick one recurring distraction and write the internal feeling that precedes it. Name boredom, anxiety, fatigue, or uncertainty before touching any tool.

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⁰² **Timebox your top value**

Put one value-based block on tomorrow's calendar with a start time, end time, and finish line. Treat it as traction, not optional ambition.

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⁰³ **Hack back one external trigger**

Remove a single cue that keeps winning: notification badges, lock-screen previews, open tabs, or a device within reach during focused work.

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⁰⁴ **Create a small effort pact**

Make your most common distraction inconvenient for seven days. Log out, block the site, move the app, or leave the phone outside the room.

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⁰⁵ **Close with a schedule review**

At week's end, compare your calendar to your stated values. Adjust the timeboxes instead of blaming yourself for every drift.