

Jonathan Livingston Seagull

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

01

Name your flight

Identify the skill or practice that makes you feel most alive.

MON TUE WED THU FRI SAT SUN

02

Spot the flock rule

Write one inherited expectation you are obeying automatically.

MON TUE WED THU FRI SAT SUN

03

Choose one maneuver

Pick a small practice rep you can repeat this week.

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04

Define useful failure

Decide how you will learn from the next imperfect attempt.

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05

Practice without applause

Do one rep of your craft privately.

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06

Study one fall

Turn one mistake into a specific adjustment.

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07

Reduce drag

Skip one behavior done only to stay acceptable

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08

Teach one lesson

Share a useful lesson without superiority.