

# Keep Going

by Austin Kleon

---

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

## Build a bliss station

       

Choose one small physical place for creative work. Remove one distraction, add one useful tool, and return to it at the same time tomorrow.

MON TUE WED THU FRI SAT SUN

 02

## Leave tomorrow a handle

       

End today's session by writing the next sentence, sketching the next box, or listing the next three moves before you close the notebook.

MON TUE WED THU FRI SAT SUN

 03

## Make one gift

       

Turn today's idea into something useful for one specific person: a note, sketch, link, playlist, summary, or tiny artifact.

MON TUE WED THU FRI SAT SUN

 04

## Take a no-input walk

       

Spend 12 minutes outside without audio or scrolling. Bring back one noticed detail and use it as the next creative prompt.

MON TUE WED THU FRI SAT SUN

 05

## Date the page

       

Put today's date on a rough page and make one visible mark. The goal is evidence of return, not proof of genius.