

# Laziness Does Not Exist

by Devon Price

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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

<sup>01</sup> **Run the Barrier Interview**

Pick one avoided task and ask: what is unclear, unsafe, exhausting, inaccessible, or unsupported about this? Write answers before choosing a next step.

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<sup>02</sup> **Replace the Lazy Sentence**

When you catch the label, rewrite it as a need statement: I need rest, clarity, safety, accommodation, help, or a smaller container.

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<sup>03</sup> **Lower the Activation Cost**

Change the task's entry point. Open the document, draft one sentence, set a five-minute timer, use a template, or ask someone to sit nearby.

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<sup>04</sup> **Audit One Demand**

Find a recurring obligation that only works when you ignore your limits. Redesign it, renegotiate it, or remove one unnecessary step.

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<sup>05</sup> **Schedule Recovery as Evidence**

Block a real rest period and treat what improves afterward as data. The goal is to prove that care changes capacity.