

Life 3.0

by Max Tegmark

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 **Conduct a '20s retrospective'**

Kornhaber: what worked in your 20s? What didn't? What patterns are carrying forward? Write it as a report on the decade.

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⁰² **Commit to one thing fully**

Kornhaber: what in your 30s deserves full commitment? Pick it. Commit. Let other things go. Half-measures produce half-lives.

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⁰³ **Address one family pattern consciously**

Kornhaber: what dynamic from your family of origin are you repeating? Name it. Own it. Choose whether to continue it.

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⁰⁴ **Build one adult relationship**

Kornhaber: who in your life functions as a true peer - not a parent, not a subordinate, but an adult peer? Invest in it.

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⁰⁵ **Name your emerging identity**

Kornhaber: in three sentences, who are you becoming? Write it. Share it with someone. The act of articulation clarifies the identity.

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⁰⁶ **Invest in professional support**

Kornhaber: the 30s are when you either consolidate or drift. A therapist, coach, or mentor accelerates the consolidation dramatically.