

Limitless

by Jim Kwik

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

Identify Your LIEs

Write down 3 beliefs you hold about your intelligence, memory, or ability to learn. For each one, ask: Is this actually true - or just a story I was told? Then write a replacement belief backed by what you now know about neuroplasticity.

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02

Apply the FASTER Method Today

For your next book, course, or podcast: Forget what you think you know, Act as you learn, manage your State before starting, plan to Teach it to someone, Enter with a clear intention, then schedule Reviews at 24 hours, 3 days, and 1 week.

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03

Try a Speed Reading Sprint

Use the pointer method - run a finger or pen under each line as you read - for 10 minutes on any non-fiction book. Your eyes naturally follow movement. Train them to group words, not scan letter by letter.

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04

Prime Your Brain Before Learning

Before any learning session, spend 3 minutes: drink a glass of water, do 30 seconds of movement, take 3 deep breaths, then write your intention for the session. Your state determines your learning throughput.

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05

Teach What You Just Learned

Within 24 hours of reading or watching anything, explain the core idea to one person - a friend, partner, or colleague. Or write it out as if teaching a stranger. This single habit doubles long-term retention.

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06

Do a Morning Brain Routine

Before you touch your phone, do 6 things: hydrate, move for 5 minutes, practice one breathing exercise, journal 3 intentions for the day, read 10 pages of a growth book, and review one key lesson from yesterday.

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07

Build a Memory Palace

Choose a familiar route you know well: front door, hallway, kitchen, living room. Place vivid, absurd mental images for each item you need to remember at each location. Walk the route mentally to recall all items in order.

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08

Set Up Spaced Repetition

For anything you want to retain long-term, schedule reviews at: 1 day, 3 days, 1 week, 2 weeks, and 1 month. Use an app like Anki or a simple reminder system. Forgetting is the enemy of learning; strategic