

Mastery

by George Leonard

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 **Name your plateau**

Choose one skill and write the boring middle you usually resist: repeated drills, slow feedback, invisible reps, or delayed results.

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⁰² **Install one instruction loop**

Book a lesson, ask for critique, study a master example, or record yourself so practice has a mirror this week.

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⁰³ **Protect a small daily rep**

Set a repeatable practice block so easy it survives low motivation, then keep it sacred for seven days.

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⁰⁴ **Practice surrender deliberately**

Spend one session doing fundamentals beneath your current level and notice where pride tries to hurry you.

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⁰⁵ **Visit the edge, then return**

Add one measured challenge after your basic reps, then close by writing what the edge taught the plateau.