

Meditations for Mortals

by Oliver Burkeman

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

☐ 01

Name today's finite choice
Write the one thing worth letting other tasks wait for today.

MON TUE WED THU FRI SAT SUN
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☐ 02

Choose a deliberate disappointment
Pick one good or expected thing you will not do this week.

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☐ 03

Define an ugly first draft
Set the smallest imperfect start for a meaningful project.

MON TUE WED THU FRI SAT SUN
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☐ 04

Create a stop rule
Decide when enough work is enough for one recurring task.

MON TUE WED THU FRI SAT SUN
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☐ 05

List unlived alternatives
Write three paths you are releasing so one chosen path gets oxygen.

MON TUE WED THU FRI SAT SUN
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☐ 06

Begin before ready
Spend ten minutes on the meaningful task before optimizing the setup.

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☐ 07

Practice enough
Stop one task at the pre-set stopping point without adding polish.

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☐ 08

Return to now
When future-control thoughts spiral, name one action available in the current hour.

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