

Modern Romance

by Aziz Ansari, Eric Klinenberg

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 **Send the Specific Invite**

Pick one real detail from their profile or conversation, then attach a concrete plan: day, place, and low-pressure exit. Replace vague chemistry hunting with a small real-world experiment.

MON TUE WED THU FRI SAT SUN

⁰² **Stop the Infinite Browse**

Before opening an app, decide your stopping rule: three thoughtful profiles, two messages, or one invite. The goal is attention, not inventory management.

MON TUE WED THU FRI SAT SUN

⁰³ **Audit Your Texting Persona**

Read your last five dating messages and ask: could this have gone to anyone? Rewrite one message so it shows curiosity about this specific person rather than generic charm.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Move From Chat to Context**

If a conversation has warmth but no movement, suggest a short date with a clear frame: coffee before errands, a walk after work, or one drink near both of you. Chemistry needs context.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Choose One Person for One Week**

If you have a promising connection, pause the parallel search for seven days. Notice whether reduced comparison makes it easier to pay attention, be generous, and see what is actually there.