

# New Dark Age

by James Bridle

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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

<sup>01</sup> **Trace One Invisible System**

Pick one daily convenience, such as maps, delivery, search, or cloud storage. Spend ten minutes identifying the servers, workers, energy, and policies behind it.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Ask What The Model Cannot Explain**

The next time a feed, score, recommendation, or AI answer feels authoritative, write down what evidence it shows and what evidence it hides.

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<sup>03</sup> **Make One Process Manual Again**

Navigate, calculate, schedule, or decide one thing without automation this week. Notice which muscles of attention return when the interface steps back.

MON TUE WED THU FRI SAT SUN

<sup>04</sup> **Read The Infrastructure Footnote**

Before adopting a new tool, check where its data lives, how it is trained, who moderates it, and what happens when it fails.

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<sup>05</sup> **Refuse One Default**

Turn off a recommendation feed, location permission, smart reply, or personalization toggle. Treat refusal as a small act of system literacy.

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<sup>06</sup> **Explain The Tool To A Human**

Choose a tool you rely on and explain how it works to a friend without marketing language. Where your explanation breaks, investigate.