

Nudge

by Richard H. Thaler, Cass R. Sunstein

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 **Audit one default you live with**

Find a subscription, app setting, payroll form, or calendar routine where the preselected option is deciding for you. Ask whether it serves future-you.

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⁰² **Make the better path one click closer**

Move the behavior you want into the easiest physical or digital position: visible, reachable, prefilled, scheduled, or ready to repeat.

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⁰³ **Add feedback before regret**

Create a signal that appears while action is still possible: a spending alert, energy readout, screen-time check, or weekly progress note.

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⁰⁴ **Remove sludge from a choice**

Pick one process where saying no, cancelling, or changing course is needlessly hard. Delete a step, write clearer copy, or expose the exit.

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⁰⁵ **Translate an abstract choice**

Rewrite one vague decision in concrete units: monthly income, minutes saved, calories, dollars, risk, sleep, or time with people you love.