

# On the Shortness of Life

by Seneca

---

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> **Audit one ordinary day**

Tonight, divide today into chosen hours, maintenance hours, noise, and work done mainly for approval. Do not judge it yet; just make the leakage visible.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Protect the first hour**

Spend the first waking hour on something you would still respect at the end of your life: reading, training, writing, prayer, planning, or undistracted work.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Refuse one false urgency**

Choose one demand this week that feels urgent but is not important. Decline it, delay it, or shrink it. Recover the hour before it disappears.

MON TUE WED THU FRI SAT SUN

<sup>04</sup> **Name your borrowed ambition**

Write the goal you are pursuing mostly because it impresses someone else. Decide whether it deserves another month of your finite attention.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **End the day deliberately**

Before sleep, ask Seneca's question: what part of today was truly lived, and what part was merely time passing? Adjust tomorrow by one concrete hour.

MON TUE WED THU FRI SAT SUN

<sup>06</sup> **Begin at once**

Pick the one conversation, page, walk, apology, or act of courage you keep postponing until life feels less crowded. Do a first version today.