

Originals

by Adam Grant

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 **Name one invisible default**

Pick a process, habit, meeting, or rule you usually accept. Write down who benefits from it, what it costs, and what alternative it crowds out.

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⁰² **Generate twenty versions**

Before choosing your next idea, make twenty rough alternatives. Do not polish until you have enough options for selection to mean something.

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⁰³ **Hedge before you rebel**

Protect one source of stability before taking a creative risk. Keep the job, shrink the first test, or make the downside survivable.

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⁰⁴ **Test with skeptics early**

Show a rough version to three thoughtful skeptics and ask what evidence would make them take it seriously. Use the objections as design input.

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⁰⁵ **Recruit the bridge person**

Find one respected insider who understands the old system and is curious about the new one. Ask them how to translate the idea for the room.

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⁰⁶ **Set an incubation deadline**

If you are delaying an idea, give the delay a job and an end date. Capture new angles, then ship a small public test before delay becomes avoidance.