

Outliers

by Malcolm Gladwell

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 the runway behind one achievement**

Pick a success you admire and list the hidden access points: timing, mentors, tools, family knowledge, market window, and repeated feedback.

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⁰² **Separate talent from accumulated advantage**

When evaluating yourself or someone else, ask what opportunities created extra repetitions before judging the final performance.

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⁰³ **Design a 100-hour access sprint**

Choose one skill and create the conditions for serious practice: scheduled time, better tools, visible feedback, and a reason the work matters.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Look for the cutoff in your system**

Find one selection rule at work, school, or home that may reward early advantage, then adjust it so late bloomers get a real second look.