

Peak

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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

 01

Shrink the target

Pick one subskill for your next session and define what a better attempt would visibly or audibly look like.

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 02

Install fast feedback

Add a coach, recording, rubric, test, or scorecard that exposes errors while the practice is still fresh enough to correct.

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 03

Practice just past comfort

Set the task slightly beyond your automatic level, then lower difficulty if errors become too noisy to learn from.

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 04

Study an expert model

Compare your attempt with a high-standard example and name the first concrete difference you can train today.

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 05

End with the new cue

Write the cue, pattern, or representation the session created so tomorrow's practice starts from a sharper map.