

Range

by David Epstein

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 **Map your sampling history**

List five jobs, hobbies, classes, or projects you tried. For each, write the skill or taste you still use today.

MON TUE WED THU FRI SAT SUN

⁰² **Run one adjacent experiment**

Choose a project one field over from your current work and spend two focused hours translating your existing skill into it.

MON TUE WED THU FRI SAT SUN

⁰³ **Create a slow feedback log**

Write one prediction before a decision, then schedule a review date to compare your expectation with reality.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Borrow a distant analogy**

Study a field that seems unrelated to your current problem and extract one model, metaphor, or constraint you can test.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Audit sunk-cost commitments**

Name one path you keep defending because of time already spent, then ask what evidence would make quitting intelligent.