

Rest

by Alex Soojung-Kim Pang

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 **Cap your best work block**

Choose the 3 to 4 hours when your mind is sharpest and make them non-negotiable. Stop when quality drops instead of stretching the session for optics.

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⁰² **Schedule a thinking walk**

Put a 30 to 60 minute walk after deep work. Bring no podcast. Let the problem travel with you without forcing an answer.

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⁰³ **Use a short recovery descent**

Experiment with a 15 to 25 minute nap, eyes-closed rest, or quiet sit. Keep it short enough to restore alertness without turning into avoidance.

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⁰⁴ **Pick one serious hobby**

Choose a form of deep play that requires skill: music, gardening, climbing, drawing, woodworking, chess, or a sport. Practice it weekly like it matters.

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⁰⁵ **Build a shutdown ritual**

End the workday by writing tomorrow's first task, closing every open loop you can, and physically leaving the workspace. Teach your brain that off is real.