

Siddhartha

by Hermann Hesse

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 the Borrowed Want**

Write one thing you were taught to pursue before you ever chose it. Ask whether it still feels alive, useful, or simply inherited.

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⁰² **Thank a Teacher, Then Test the Teaching**

Choose one idea you admire. Do not quote it today. Put it into one concrete action and notice what experience adds or corrects.

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⁰³ **Listen Before Interpreting**

Spend three minutes with water, wind, traffic, birds, or breath. Do not turn it into a lesson until the timer ends.

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⁰⁴ **Observe One Craving Cleanly**

When a craving appears, neither obey nor condemn it for ninety seconds. Watch its texture, promise, pressure, and disappearance.

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⁰⁵ **Let Opposites Share the Page**

Write two truths that seem to conflict. Keep both visible long enough to ask what larger pattern can hold them together.