ACTION CHECKLIST

So Good They Can't Ignore You

by Cal Newport

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

Run a career capital audit

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List five skills your current work rewards. Mark which are rare, valuable, and visibly proven. Choose one skill edge to improve for the next 30 days.

MON TUE WED THU FRI SAT SUN

☐ 02

Schedule deliberate practice

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Block two sessions this week for uncomfortable improvement: one narrow skill, one measurable standard, and one feedback source that can tell the truth.

MON TUE WED THU FRI SAT SUN

☐ 03

Build visible proof

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Turn private competence into evidence: publish a case study, ship a portfolio piece, document a metric, or write a memo showing your judgment at work.

MON TUE WED THU FRI SAT SUN

☐ 04

Test the control bargain

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Before asking for autonomy, write the trade: what rare value have you created, what control do you want, and why does the other side benefit too?

MON TUE WED THU FRI SAT SUN

☐ 05

Replace passion questions

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For one week, stop asking whether the work is your passion. Ask: what would make this craft harder, more useful, and more respected by people who know quality?

MON TUE WED THU FRI SAT SUN

☐ 06

Map the adjacent possible

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Interview or study three people near the edge of your field. Note which problems keep recurring, which tools are changing, and where your skills could compound.