

Stillness Is the Key

by Ryan Holiday

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

Choose a no-input block

Schedule 30 minutes with no phone, podcast, reading, or conversation. Let the mind settle before asking it for direction.

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MON TUE WED THU FRI SAT SUN

☐ 02

Write your noise sources

List the people, apps, ambitions, resentments, and obligations that most disturb your judgment. Circle one to reduce this week.

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MON TUE WED THU FRI SAT SUN

☐ 03

Create a decision pause rule

Pick one category of decision that now requires a pause: angry replies, purchases, commitments, or public reactions.

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MON TUE WED THU FRI SAT SUN

☐ 04

Design an evening quiet ritual

Choose three repeatable cues for shutdown: dim light, phone away, short notes, reading, prayer, or stretching.

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MON TUE WED THU FRI SAT SUN

☐ 05

Take one silent walk

Walk without headphones today. Let the mind process instead of feeding it another stream.

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☐ 06

Delay one reaction

When urgency rises, wait ten minutes before responding. Use the gap to separate signal from adrenaline.

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MON TUE WED THU FRI SAT SUN

☐ 07

Protect sleep as judgment

Treat bedtime as a decision-quality practice, not merely recovery. Stop one input earlier tonight.

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