

Stumbling on Happiness

by Daniel Todd Gilbert

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

Write the forecast

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For one desired change, write what you expect to feel after one day, one month, and one year. Make the prediction visible.

MON TUE WED THU FRI SAT SUN

☐ 02

Find a surrogate

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Ask someone already living a version of the future you want what the ordinary days are actually like.

MON TUE WED THU FRI SAT SUN

☐ 03

Add missing context

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Before a major choice, list the boring background that will still exist afterward: chores, sleep, stress, money, relationships, and habits.

MON TUE WED THU FRI SAT SUN

☐ 04

Check present-state bias

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Note your current mood, hunger, energy, and stress before trusting a big forecast. State affects imagination.

MON TUE WED THU FRI SAT SUN

☐ 05

Delay a mood-based decision

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If today's emotion is intense, postpone one future-shaping choice until your state is more ordinary.

MON TUE WED THU FRI SAT SUN

☐ 06

Compare forecast to result

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Look back at one past prediction and write what you got wrong. This trains humility about future happiness.

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☐ 07

Ask for lived evidence

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Before idealizing a path today, find one real person, review diary, or account from someone already there.