

The 33 Strategies of War

by Robert Greene

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

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01

Define the objective

Write the specific outcome you want before answering the conflict.

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02

Set a cost ceiling

Decide what time, energy, money, or dignity you will not spend.

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03

Name the terrain

List the people, incentives, constraints, and timing shaping the situation.

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04

Write the exit

Decide what condition means the conflict is finished enough.

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05

Delay one reaction

Wait ten minutes before sending a charged message.

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06

Protect the reserve

Keep one resource unspent so you are not forced into desperation.

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07

Refuse one decoy

Notice the tempting side argument and return to the objective.

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08

Debrief the move

After a tense exchange, write what worked and what escalated it.

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