

The 4-Hour Workweek

by Timothy Ferriss

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 fear-setting page**

Write the action you are avoiding, the worst plausible outcomes, prevention steps, repair steps, and the cost of doing nothing for six months.

MON TUE WED THU FRI SAT SUN

⁰² **Delete one recurring obligation**

Pick one meeting, report, errand, or inbox habit that produces little value. Cancel it, batch it, or replace it with an outcome rule this week.

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⁰³ **Price your target lifestyle**

Calculate the monthly cash flow needed for the life you actually want, then compare it to the assumptions you have been calling ambition.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Design a tiny muse test**

Sketch one offer or product with a specific buyer, clear pain, fixed promise, and a no-heroics delivery path. Test demand before building the machine.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Create an exception-only dashboard**

List the few numbers that would tell you if work is healthy. Everything else should be delegated, batched, automated, or ignored.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Take a mini-retirement rehearsal**

Run a 24-hour remote-control trial: work only from preplanned checklists, handle exceptions once, and record what breaks.