

The Almanack of Naval Ravikant

by Eric Jorgenson

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 **List your permissionless leverage**

Write down one asset you can build this month that can work without your live presence: code, media, a productized service, a reusable system, or capital allocation.

MON TUE WED THU FRI SAT SUN

- ⁰² **Audit your desire contracts**

Pick three things you currently want. For each, name the price in attention, health, relationships, or optionality before deciding whether it still deserves pursuit.

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- ⁰³ **Choose one long-term game**

Identify one market, craft, relationship, or habit where staying for ten years creates compounding trust instead of repeated resets.

MON TUE WED THU FRI SAT SUN

- ⁰⁴ **Raise your specific-knowledge signal**

Spend one hour on the skill you would study even if nobody assigned it. Capture what felt easy to you and unusually valuable to others.

MON TUE WED THU FRI SAT SUN

- ⁰⁵ **Protect a stillness block**

Schedule a phone-free walk, lift, meditation, or reading block. Treat a calm mind as infrastructure, not a reward after work is done.