

# The Antidote

by Oliver Burkeman

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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

<sup>01</sup> **Run a premeditation drill**

Pick one thing you are avoiding. Write the worst plausible outcome, the first recovery step, and the person you would ask for help. Then take one small action anyway.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Practice useful uncertainty**

Leave one non-urgent question unresolved for a day. Notice the urge to force certainty, but do the next concrete task without obeying that urge.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Schedule a controlled failure**

Send the imperfect draft, ask the direct question, or try the skill publicly before you feel ready. Use the result as data, not as a verdict on identity.

MON TUE WED THU FRI SAT SUN

<sup>04</sup> **Convert a goal into a direction**

Rewrite one achievement goal as a repeatable practice for this week. Keep the ambition, but remove the fantasy that arrival will finally make you acceptable.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Use mortality as an editor**

Ask what you would regret postponing if the next year were not guaranteed. Put one concrete version of that thing on the calendar before adding another optimization project.