

# The Art of Learning

by Josh Waitzkin

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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 loss review**

Pick one recent mistake and write three neutral observations before writing any judgment about yourself.

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<sup>02</sup> **Shrink one skill**

Choose a craft you care about and compress practice to one tiny repeatable detail for ten focused minutes.

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<sup>03</sup> **Add pressure gently**

Practice the same drill with one realistic constraint: time, audience, resistance, or consequence.

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<sup>04</sup> **Recover on purpose**

After a hard session, take five quiet minutes to breathe, walk, and capture the one lesson worth carrying forward.

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<sup>05</sup> **Name the principle**

Before your next rep, state the principle you are training in one sentence so attention has a target.