

# The Book of Five Rings

by Miyamoto Musashi

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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> **Audit for uselessness**

Apply Musashi's core principle to one domain of your life today. Pick your schedule, your toolkit, your habits, or your relationships. Eliminate one thing that serves no strategic purpose. Do this weekly.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Practice the beginner's mind in your craft**

Find the fundamental of your most important skill - the thing masters return to daily. Practice it today with the same attention you gave it as a beginner. Expertise is built on foundations, not on shortcuts.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Study an opposing school**

Identify the approach you most disagree with in your field. Read or learn it seriously, not to adopt it, but to understand it deeply. Musashi's Wind book is entirely about knowing other schools - because you cannot counter what you do not understand.

MON TUE WED THU FRI SAT SUN

<sup>04</sup> **Develop dual-scale perception**

Before your next important decision or confrontation, consciously zoom out to the macro picture (the full field, long-term consequences) and then zoom into the micro (the exact moment, precise detail). Practice holding both simultaneously.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Strike first - take the initiative**

Identify where you have been reactive in your life or work. In one area, shift to initiative this week: act before you are acted upon, propose before you are asked, move before momentum builds against you.

MON TUE WED THU FRI SAT SUN

<sup>06</sup> **Keep a daily record of your practice**

Musashi's notebook was his dojo when no opponents were available. Start a daily practice log - not to track victories, but to study the gap between who you were yesterday and who you are today. Progress is the only acceptable condition.