ACTION CHECKLIST

The Code of the Extraordinary Mind: 10 Unconventional Laws to Redefine Your Life and Succeed On Your Own Terms

by Vishen Lakhiani

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 **Name one inherited rule**

Write a belief you absorbed from family, school, culture, or work.

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☐ 02 **Trace the cost**

List what the rule has protected and what it has limited.

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☐ 03 **Draft new code**

Write a replacement belief that creates more agency.

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☐ 04 **Pick a behavior patch**

Choose one visible action that proves the new rule is live.

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☐ 05 **Audit one assumption**

Question one automatic should each day.

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☐ 06 **Run a behavior test**

Act from the new rule in one low-risk situation.

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☐ 07 **Choose your metric**