

The Compound Effect

by Darren Hardy

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 Track one tiny behavior for seven days

Pick one daily deposit or leak: first phone check, bedtime, spending, movement, or focused work. Record it without fixing it yet.

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02 Install a no-drama deposit

Choose one action so small it feels almost too easy: ten pushups, one saved dollar, one page, one appreciation text, or five focused minutes.

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03 Name your withdrawal pattern

Identify the repeated exception that costs the most future momentum. Give it a plain label so you can catch it before it becomes policy.

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04 Redesign one influence channel

Change one input before relying on willpower: mute a feed, prep shoes, set the book out, move snacks, or schedule time with a high-standard friend.

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05 Run a Sunday compound review

Review deposits, misses, and withdrawals once a week. Keep what compounded, shrink what failed, and choose the next tiny edge.