

The Element

by Ken Robinson, Lou Aronica

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 **Map Your Fast-Learning Signals**

List three activities where you improve quickly, lose track of time, or notice patterns others miss. Circle the one with the strongest energy.

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⁰² **Run A Tiny Element Experiment**

Give your strongest signal a two-hour public test this week: prototype, teach, perform, explain, or share a small artifact.

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⁰³ **Find One Tribe Doorway**

Join a class, forum, studio night, critique group, meetup, or mentor conversation where people care deeply about the same craft.

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⁰⁴ **Audit Borrowed Definitions**

Write down three ideas of success you inherited from school, family, or culture. Mark which ones still fit and which ones mute your signal.

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⁰⁵ **Protect Practice Space**

Block a recurring weekly session for the activity that feels most alive, then track energy before and after for four weeks.