

The Four Tendencies: The Indispensable Personality Profiles That Reveal How to Make Your Life Better

by Gretchen Rubin

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 one stuck habit

Write the habit and whether it is driven by an inner expectation, outer expectation, or both.

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☐ 02

Identify your likely tendency

Use recent behavior, not aspiration, to guess whether you are Upholder, Questioner, Obliger, or Rebel.

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☐ 03

Design matching support

Add clarity, reasons, accountability, or choice based on the tendency that fits the habit.

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☐ 04

Write the failure mode

Name how your tendency can sabotage you when stressed.

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☐ 05

Use the right prompt

Before starting, ask the question your tendency needs answered.

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☐ 06

Adjust the system, not the person

If you miss, change the expectation design before adding self-criticism.

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☐ 07

Review one commitment

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