

The Future Is Faster Than You Think

by Peter H. Diamandis, Steven Kotler

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 **Build a Convergence Watchlist**

Choose one industry you care about and track five accelerators around it: AI, sensors, networks, robotics, and capital. Review the list monthly for collisions.

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⁰² **Run the Six-D Audit**

Ask where your work is digitizing, becoming deceptive, disrupting, demonetizing, dematerializing, or democratizing. Circle the first D that already shows evidence.

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⁰³ **Prototype One Future Workflow**

Use a current AI, automation, or no-code tool to compress a task you do often. The goal is not perfection; it is feeling where the curve has already moved.

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⁰⁴ **Study an Adjacent Breakthrough**

Read one serious source outside your field each week. The future usually enters from the side, not from the incumbents already inside the category.

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⁰⁵ **Name the Abundance Version**

For a scarcity in your life or business, write the abundance version: what would happen if access became ten times cheaper, faster, or more personalized?

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⁰⁶ **Place a Small Learning Bet**

Invest ten hours in one accelerating tool before you need it. Early literacy compounds because each new tool makes the next one easier to understand.