

The Future of the Mind

by Michio Kaku

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 **Translate One Sci-Fi Claim**

Pick a mind-tech claim and rewrite it as a pipeline: signal source, decoder, interface, feedback loop, and privacy risk. Keep only what survives the translation.

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⁰² **Map Your Mental Privacy Line**

Write three categories of neural data you would share for health, three you would never share, and one condition that would change your mind.

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⁰³ **Study a Real BCI Demo**

Watch or read one serious brain-computer-interface case study. Note what is already impressive, what remains slow, and what requires invasive hardware.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Run the Memory Edit Test**

For one painful memory, separate the event, the body response, the story, and the lesson. The goal is not erasure; it is seeing what can be updated safely.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Ask the Consent Question First**

Before adopting any quantified-self or mood-tracking tool, ask who stores the data, who can infer from it, and whether deletion is truly possible.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Keep Wonder and Skepticism Paired**

When a future-of-the-mind headline excites you, list the experiment behind it and the missing constraint. Let awe make you curious, not gullible.