

The Introvert Advantage

by Marti Olsen Laney

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 **Run a seven-day energy audit**

Track which people, rooms, meetings, and tasks drain or restore you. Look for repeatable patterns instead of judging your mood as random.

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⁰² **Add recovery borders around stimulation**

Before and after a demanding social block, protect at least twenty minutes of low-input time. Treat it like infrastructure, not a reward.

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⁰³ **Write before you respond**

For one high-stakes conversation this week, draft your first sentence in advance so your internal processing gets a bridge into the room.

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⁰⁴ **Choose smaller connection on purpose**

Replace one broad, noisy social obligation with a focused one-on-one conversation where listening and depth can actually work.

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⁰⁵ **Make quiet contribution visible**

Turn one private insight into a memo, checklist, question, or artifact. Let your depth travel without requiring constant performance.