

The Last Lecture

by Randy Pausch

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 **Write The Hidden Audience**

Choose the person your current work is really for. Write three sentences you would want them to understand years from now.

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⁰² **Reframe One Brick Wall**

Name one obstacle in front of a dream, then list three side entrances: a smaller ask, a different mentor, and a first experiment.

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⁰³ **Send A Specific Thank-You**

Write to someone who helped shape you. Mention the exact thing they did and how it still shows up in your life.

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⁰⁴ **Find The Head Fake**

Pick a task you are doing this week and identify the deeper lesson it is teaching: patience, courage, collaboration, or standards.

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⁰⁵ **Protect A Pocket Of Play**

Add one visible element of fun to serious work: a ritual, a visual cue, a small celebration, or a shared joke that keeps the room human.

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⁰⁶ **Retire One Low-Integrity Yes**

Remove or renegotiate one commitment that does not match your values, then spend that recovered time on a person or dream that does.