

# The Laws of Human Nature

by Robert Greene

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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

<sup>01</sup> **Run the two-story pause**

When you feel certain about someone's motive, write two alternate explanations before acting. Include one generous story and one self-implicating story.

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<sup>02</sup> **Track the repeated pattern**

Do not decide from one dramatic moment. Watch what repeats across praise, criticism, boredom, pressure, and disappointment.

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<sup>03</sup> **Name behavior, not hidden motives**

Replace 'you are manipulative' with 'when the plan changed, you left the conversation and sent a formal email.' Concrete language lowers defensiveness.

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<sup>04</sup> **Audit your envy signal**

Notice who annoys you in a way that feels disproportionate. Ask what they permit themselves to want, show, or claim that you do not.

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<sup>05</sup> **Create a reality contact point**

For any inflated plan, define one test that can prove you wrong this week: a user conversation, a draft, a budget, or a public deadline.

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<sup>06</sup> **Ask the mortality question**

Before entering a petty contest, ask whether you would spend one of your remaining weeks on this performance. Let the answer simplify the room.