

The Lazy Genius Way

by Kendra Adachi

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

☐ ⁰¹ **Name what matters**
Pick one area and write the real point in one sentence.

MON TUE WED THU FRI SAT SUN

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☐ ⁰² **Choose what can be lazy**
Identify the part that can be simplified without violating the point.

MON TUE WED THU FRI SAT SUN

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☐ ⁰³ **Decide once**
Create one reusable default for a recurring choice.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁴ **Shrink the start**
Define the smallest first move you can do even while tired.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁵ **Use a default meal**
Repeat a reliable meal without apologizing for it.

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☐ ⁰⁶ **Reset one surface**
Clear the surface that most changes how the room feels.

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☐ ⁰⁷ **Stop at good enough**
End a task when it meets the real need, not the fantasy standard.

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☐ ⁰⁸ **Ask for help early**
Invite someone in before resentment becomes the plan.

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