

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

☐ ⁰¹ **Make one category pile**

☐ ⁰² **Hold before deciding**

03 Create an exit bag

04 Assign one home

☐ 05 **Thank one object**

☐ ⁰⁶ **Stop buying containers first**

☐ 07 **Reset one surface nightly**

09