

# The Road Less Traveled

by M. Scott Peck

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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> **Name One Legitimate Difficulty**

Write one sentence that begins: 'The hard truth I keep trying not to organize my life around is...'. Do not solve it yet. Just name it.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Put Pain Before Relief**

Choose one avoided task and do ten focused minutes before checking messages, eating a treat, or explaining why later would be better.

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<sup>03</sup> **Take Back Your Portion**

In a current conflict, list what is theirs, what is yours, and what belongs to circumstances. Act only on the column that is yours.

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<sup>04</sup> **Revise The Map**

Find one belief you keep defending. Ask what evidence would change your mind, then look for that evidence on purpose.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Make Love Behavioral**

Pick one person whose growth matters to you and choose a concrete act of attention, honesty, patience, or boundary-setting today.