

The Road to Character

by David Brooks

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

☐ 01

Write your eulogy virtue
Name one trait you want people to have experienced from you.

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☐ 02

Audit an ambition
Ask what this goal is training you to value.

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☐ 03

Choose a model
Pick one person whose character you want to study, not just admire.

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☐ 04

Name the repair
Identify one relationship or duty that needs an honest return.

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☐ 05

Practice hidden service
Do one useful thing without turning it into a signal.

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☐ 06

Tell one truth
Admit a small fact you have been avoiding.

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☐ 07

Keep one promise
Protect a commitment when convenience argues against it.

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☐ 08

Study a fault
Notice one recurring weakness without dramatizing it.

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