

The Ruthless Elimination of Hurry

by John Mark Comer

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

⁰¹ **Begin before the phone**

For the next seven mornings, keep your phone outside the bedroom and spend the first ten minutes in silence, prayer, journaling, or simply sitting before input arrives.

MON TUE WED THU FRI SAT SUN

⁰² **Build a Sabbath block**

Choose one weekly four-hour block where buying, producing, optimizing, and catching up are off-limits. Fill it with worship, food, rest, friendship, nature, or delight.

MON TUE WED THU FRI SAT SUN

⁰³ **Cut one hurry source**

Remove one recurring commitment, notification, purchase habit, or status obligation that reliably makes you rushed. Make the cut specific enough to feel.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Practice one deliberate slowdown**

Pick a daily action you normally rush through: eating, commuting, errands, email, bedtime. Do it at 80% speed and pay attention to what impatience reveals.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Write a one-sentence rule of life**

Name the kind of person you are trying to become and one practice that protects that formation. Keep it visible where the week usually speeds up.