

# The Talent Code

by Daniel Coyle

---

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 Shrink one skill**

Choose one ability and reduce it to a five-minute drill with a visible target, such as one sentence, one serve, one scale, or one debugging branch.

MON TUE WED THU FRI SAT SUN

**02 Practice at the edge**

Set the drill difficulty so you fail about a third of the time. If it feels effortless, raise the constraint; if it feels chaotic, narrow the target.

MON TUE WED THU FRI SAT SUN

**03 Write the coach cue**

After each attempt, write one short correction phrase that would improve the next rep. Keep it concrete enough to act on immediately.

MON TUE WED THU FRI SAT SUN

**04 Add ignition**

Find one person, scene, or artifact that makes the skill feel possible for you. Put it near the place where practice starts.

MON TUE WED THU FRI SAT SUN

**05 Stop before slop**

End the session when attention degrades. The goal is not volume; the goal is clean reps that make the right circuit easier to fire tomorrow.