

The Tao of Pooh

by Benjamin Hoff

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 **Remove one unnecessary maneuver**

Pick one current problem and delete the extra step, explanation, app, meeting, or performance layer that is making it heavier than it needs to be.

MON TUE WED THU FRI SAT SUN

⁰² **Ask the Cottleston Pie question**

Before forcing a change, write: what is the nature of this person, task, body, season, or constraint? Let the answer shape the next move.

MON TUE WED THU FRI SAT SUN

⁰³ **Practice one Wu Wei action**

Choose a task you have been muscling through and approach it with timing instead: wait, simplify, ask for help, or take the smaller opening.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Spot your inner Rabbit**

When you feel frantic, name the list-making impulse out loud. Keep the useful plan, then stop using planning as a substitute for starting.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Keep a Pooh-sized morning**

Begin one day this week with a plain breakfast, no phone, and one honest question: what wants to happen first?