

# The War of Art

by Steven Pressfield

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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> **Sit down at the same time tomorrow**

Pick a time. Pick a chair. Be there. Even if you write garbage for forty-five minutes. Repeat the day after. This is turning pro.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Name the project Resistance is protecting you from**

Write it on an index card. Put it where you will see it. The thing you keep deferring is the thing the rest of your life is waiting on.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Ship one bad version this week**

Publish, send, hand over, or post one piece of work you are not proud of. Done teaches faster than perfect.

MON TUE WED THU FRI SAT SUN

<sup>04</sup> **Kill the morning scroll for seven days**

No phone before the work. The first hour belongs to the project - not to other people's outputs. Track the streak on paper.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Take one piece of criticism on the chin**

Ask one trusted person for the sharpest note they have on your work. Do not defend. Write the note down. Apply it to the next draft.

MON TUE WED THU FRI SAT SUN

<sup>06</sup> **Cancel a class, book, or course you were going to buy**

Use the money or the hours on the actual work instead. Preparation is Resistance in a graduation gown.