

Think Straight: Change Your Thoughts, Change Your Life

by Darius Foroux

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

Open a thought inbox
Create one page where every loop can be parked before it drives the day.

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☐ 02

Choose three labels
Use fact, assumption, and decision as your default sorting system.

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☐ 03

Define the current priority
Write the one result that deserves clearer thinking this week.

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☐ 04

Set a thinking window
Give hard problems a fixed time instead of the whole day.

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☐ 05

Capture the loop
Write the recurring thought in one plain sentence.

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☐ 06

Underline the facts
Mark only what you actually know, not what you fear or infer.

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☐ 07

Delete one stale worry
Remove a thought that has no decision, evidence, or next action attached.

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