

Thinking Sideways: How to Think Like a Chess Player and Win at Life

by Jennifer Shahade

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 **Write Three Candidate Moves**

Before making a meaningful decision, list three playable options: the obvious move, the quiet improving move, and the sideways move that changes the board.

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⁰² **Name the Trade**

For one tempting opportunity, write exactly what you gain, what you give up, and what future squares open or close because of it.

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⁰³ **Invert the Board**

Argue your situation from the other side: competitor, friend, future self, or obstacle. Notice what becomes visible from that square.

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⁰⁴ **Play the Endgame First**

Pick a current goal and describe the desired end state in one sentence. Work backward three moves from there.

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⁰⁵ **Make One Quiet Move**

Choose a small action that creates no drama but improves every later option: a note, a rehearsal, a boundary, or a preparation step.