

# Tools of Titans

by Timothy Ferriss

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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> **Run a seven-day tool trial**

Pick one tactic from the book, define the measurable result, and test it for a week before adding another tool.

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<sup>02</sup> **Write a fear-setting page**

For one avoided decision, list the worst case, prevention steps, repair steps, benefits of action, and cost of inaction.

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<sup>03</sup> **Create a minimum effective morning**

Choose a ten-minute startup ritual that includes body, clarity, and one priority before checking inputs.

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<sup>04</sup> **Send one no-ask note**

Build relationship capital by sending a useful resource, introduction, or specific appreciation with no hidden request.

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<sup>05</sup> **Protect one asset block**

Schedule a ninety-minute block for work that can compound after today: writing, product, systems, research, or a durable offer.

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<sup>06</sup> **Retire one borrowed tool**

Remove a routine that sounds impressive but has not improved your energy, leverage, or judgment in real life.