

Tribe Of Mentors

by Timothy Ferriss

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 **Create a mentor question**

Write one question you would ask five people you respect.

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐ ⁰² **Build a three-person panel**

Pick one living mentor, one author, and one peer for a current problem.

MON TUE WED THU FRI SAT SUN

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐ ⁰³ **Run a seven-day tactic**

Choose one borrowed practice and test it for exactly one week.

MON TUE WED THU FRI SAT SUN

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐ ⁰⁴ **Write the decision frame**

Define the decision, stakes, reversible parts, and review date.

MON TUE WED THU FRI SAT SUN

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐ ⁰⁵ **Make a fear list**

List the feared outcomes and one prevention or repair for each.

MON TUE WED THU FRI SAT SUN

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐ ⁰⁶ **Ask one better question**

Before seeking advice, rewrite the problem as a sharper question.

MON TUE WED THU FRI SAT SUN

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐ ⁰⁷ **Review one experiment**

Record what helped, what did not, and whether to repeat it.

MON TUE WED THU FRI SAT SUN

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

☐ ⁰⁸ **Protect the body baseline**

Do one sleep, movement, or food action before optimizing strategy.

MON TUE WED THU FRI SAT SUN

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------