

# Ultralearning

by Scott H. Young

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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> **Write a one-page metalearning map**

Define the skill, list three benchmark examples, identify the most credible resources, and choose a final performance test before studying anything.

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- <sup>02</sup> **Schedule direct practice first**

Put the real activity on the calendar this week: a conversation, shipped feature, mock exam, critique session, sales call, or public performance.

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- <sup>03</sup> **Build a mistake ledger**

After each session, record the exact miss, the likely cause, and the next drill. Review the ledger weekly to pick the highest-leverage bottleneck.

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- <sup>04</sup> **Create a fast feedback source**

Add one correction loop you cannot ignore: tutor notes, automated tests, timed scores, user reactions, recordings, peer review, or expert critique.

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- <sup>05</sup> **Run one learning experiment**

Change a single variable for seven days, such as study time, resource quality, drill type, environment, feedback speed, or public stakes, then compare results.