

What Color Is Your Parachute?

by Richard Nelson Bolles

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

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01

List ten proven skills

Write skills with evidence: what you did, for whom, and what changed.

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02

Pick three fields

Choose three fields worth researching this week, not committing to forever.

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03

Request one information interview

Ask a person in a target field for twenty minutes of reality, not a job.

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04

Define work conditions

Name the schedule, pace, location, autonomy, and team style where you work best.

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05

Rewrite one story

Turn a past job into a problem-solution-result story.

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06

Map adjacent roles

Find five roles that use your existing skills in a different setting.

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07

Send a useful follow-up

After a conversation, send one specific thanks and one resource or reflection.

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08

Build a target list

Create a short list of organizations that match your field and condition map.

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