

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

☐ <sup>01</sup> **Choose one morning anchor** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Pick one activity that would make the day feel meaningfully started before breakfast.

☐ <sup>02</sup> **Write tomorrow tonight** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Before bed, list the first three moves for the morning so you do not negotiate with sleep inertia.

☐ <sup>03</sup> **Delay reactive inputs** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Keep email, feeds, and news out of the first protected block.

## 04 Prepare the environment

☐ <sup>05</sup> **Use a 45-minute block** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Reserve one realistic block for career capital, exercise, family, or reflection.

☐ <sup>06</sup> **Create a small fallback** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Define the ten-minute version for mornings that go wrong.

☐ <sup>07</sup> **Track the first week** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Notice which mornings fail and remove the friction point before adding ambition.