

Who Moved My Cheese?

by Spencer Johnson

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 Inspect one cheese station

Pick one role, habit, metric, relationship, or offer you rely on. Write down three signals that would prove it is getting stale.

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02 Name the Hem sentence

Catch the line that keeps you waiting: 'They should fix this,' 'It used to work,' or 'I am not ready.' Translate it into a testable fact.

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03 Run a Scurry experiment

Take one reversible action in the new direction within 24 hours: ask, prototype, apply, cancel, learn, or visit the next corridor.

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04 Write a wall note

Compress the lesson into one sentence you can reuse when fear returns. Keep it visible where the old pattern usually wins.

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05 Schedule a smell check

Put a monthly reminder on the calendar to ask what changed, what still works, and what you are pretending not to notice.