

Willpower

by Roy F. Baumeister, John Tierney

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 decision batch**

Pick one recurring choice this week, such as breakfast, workout time, clothes, or first work block, and turn it into a default rule.

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⁰² **Remove one visible temptation**

Move the highest-friction trigger out of sight and reach before the vulnerable hour begins. Distance should do the first round of work.

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⁰³ **Protect the evening reserve**

After dinner, avoid major decisions, shopping, conflict replies, or quitting plans when you are likely depleted. Decide again after recovery.

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⁰⁴ **Add a recovery checkpoint**

Before a demanding task, take ten minutes to eat, walk, breathe, or close a nagging loop so self-control is not starting from empty.

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⁰⁵ **Write one precommitment**

Make one if-then rule for a predictable temptation: if the urge appears, then the next action is already chosen and visible.