

You Are Not So Smart

by David McRaney

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 **Ask the disconfirming question**

Before defending a belief, write what evidence would make you update it.

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☐ ⁰² **Check the record**

Verify one confident memory against notes, messages, or another witness.

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☐ ⁰³ **Name the incentive**

Ask what social, emotional, or identity reward this belief gives you.

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☐ ⁰⁴ **Find a strong dissent**

Read the best argument against your current view before repeating it.

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☐ ⁰⁵ **Slow the explanation**

When you explain a choice, ask whether the reason came before or after the decision.

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☐ ⁰⁶ **Use a prediction log**

Write predictions before outcomes so hindsight cannot edit them later.

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☐ ⁰⁷ **Separate popularity from proof**

Identify whether agreement is evidence or merely local consensus.

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☐ ⁰⁸ **Practice one update**

Publicly revise a small belief when new evidence improves it.

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