

# Zen and the Art of Motorcycle Maintenance

by Robert M. Pirsig

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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 Run a quality audit**

Pick one object you use every day. Inspect how it was made, how you maintain it, and what your care or neglect says about your attention.

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**02 Map a stuck point**

Write the exact sentence: I am stuck at the point where... Then list three observable facts before trying another solution.

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**03 Join both lenses**

For one problem, make two columns: classical facts and romantic felt experience. Do not act until each side has at least three entries.

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**04 Practice patient repair**

Fix, clean, tune, or improve one small thing without rushing. Notice when irritation appears and treat it as part of the work.

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**05 Protect gumption**

Before a demanding task, remove one known energy leak: bad lighting, missing tools, open tabs, unclear standards, or an unresolved assumption.