

21 Lessons for the 21st Century

by Yuval Noah Harari

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 **Question Your Information Diet**

Audit where you get information. Cut sources that profit from your outrage (social media, cable news). Replace with long-form journalism, books, and direct experience.

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⁰² **Practice Mental Clarity Daily**

Harari meditates two hours daily. Start with 10 minutes. The goal isn't relaxation - it's observing your thoughts without being hijacked by them.

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⁰³ **Learn to Distinguish Truth from Fiction**

When you encounter information, ask: Who benefits from me believing this? What evidence exists? What would convince me this is false? Develop your own bullshit detector.

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⁰⁴ **Face Existential Questions Directly**

What happens after death? What gives life meaning? Don't dodge these questions. Your answers (or lack thereof) shape how you live. Ignoring them is a decision too.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Build Community Across Borders**

Nationalism is easy. Global community is hard. Connect with people outside your country, culture, and echo chamber. The problems we face require it.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Prepare for Economic Disruption**

AI is coming for your job. Not maybe - when. Build skills that can't be easily automated: emotional intelligence, complex problem-solving, creative synthesis. Stay adaptable.