

A Short History of Nearly Everything

by Bill Bryson

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 **Pick one thing and trace it back**

Choose any object in your room. Research its full chain of creation - the materials, the people, the history. Feel the awe.

MON TUE WED THU FRI SAT SUN

- ⁰² **Read one paper's history**

Find a major scientific discovery and read the story of how it actually happened - false starts, rivals, personalities, luck.

MON TUE WED THU FRI SAT SUN

- ⁰³ **Sit in the dark for 10 minutes**

Without any devices. Let your brain experience genuine boredom. Notice what arises. Most people can't last five minutes.

MON TUE WED THU FRI SAT SUN

- ⁰⁴ **Learn the size of a proton**

Look up: a proton is one femtometer. The nucleus of an atom is one femtometer across. Atoms are 100,000x larger. Let that sit.

MON TUE WED THU FRI SAT SUN

- ⁰⁵ **Write down 10 questions you don't know the answer to**

Science advances when people hold their ignorance as a TODO list. Make your own list. Look one up tonight.

MON TUE WED THU FRI SAT SUN

- ⁰⁶ **Tell a child 'I don't know'**

Find a curious kid and let them ask you 10 questions. Answer honestly: 'I don't know.' Model intellectual humility.