

A Thousand Brains

by Jeff Hawkins

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 daily model check**

When confident about a claim, ask: What evidence would make this model fail? Write one disconfirming signal before you decide.

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⁰² **Use three-angle learning**

For any concept you are studying, view it from at least three reference frames: visual diagram, plain-language explanation, and practical use case.

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⁰³ **Add movement before decisions**

When stuck, change physical context and gather one new data point. Hawkins-style intelligence improves when action updates prediction.

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⁰⁴ **Create a consensus note**

For hard choices, write your top 3 internal models (optimistic, cautious, skeptical) and let them vote on the next step.

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⁰⁵ **Train uncertainty tolerance**

Keep a short log of predictions you were wrong about. Focus on refining models instead of protecting certainty.