

American Prometheus

by Kai Bird, Martin J. Sherwin

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 **Read Oppenheimer's Trinity Test Speech**

'Now I am become Death, the destroyer of worlds.' Read the context. Notice the mixture of awe, horror, and wonder. Hold that complexity. It's the correct response.

MON TUE WED THU FRI SAT SUN

⁰² **Identify the Technology You Use Without Knowing How It Works**

Pick one piece of technology you use daily without understanding. Spend 20 minutes learning how it fundamentally works. Ignorance is not neutral - it's a vulnerability.

MON TUE WED THU FRI SAT SUN

⁰³ **Examine Your Own Trinity Test**

What decision in your life had irreversible consequences that you couldn't fully anticipate? What did you learn afterward? Write it briefly. The exercise is uncomfortable but clarifying.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Notice When You're Asked to Do Science Without Ethics**

In your work, when are you asked to build something - a product, a system, a model - without being asked about its consequences? Name the gap. Ask the question aloud.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Hold a Contradiction Without Resolving It**

Name one thing you believe that has no clean resolution. Sit with it. Notice the discomfort. The inability to resolve isn't failure - it's intellectual honesty.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Learn the Basic Science of Nuclear Weapons**

Spend 30 minutes understanding how fission works, how a bomb functions, and what Trinity actually produced. Fear of the unknowable is replaced by appropriate fear of the knowable.