

Be Your Future Self Now

by Benjamin Hardy

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 **Write a One-Page Future Self Profile**

Define who you are 3 years from now: standards, environment, work quality, and relationship boundaries. Read it each morning for 7 days.

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⁰² **Create a Not-To-Do List**

List 5 commitments, habits, or roles that do not belong in your future identity. Eliminate one this week.

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⁰³ **Set a Daily Identity Proof**

Choose one behavior that proves your future identity every day (for example: deep work block, training session, or writing practice). Track 14 consecutive days.

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⁰⁴ **Audit Your Calendar for Alignment**

Review the next 14 days and label each commitment: 'future self' or 'past self.' Delete or renegotiate one 'past self' block immediately.

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⁰⁵ **Run a Future-Self Decision Filter**

Before a major decision, ask: 'Would my future self thank me for this in 3 years?' If not, redesign the choice before acting.

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⁰⁶ **Make a Public Commitment**

Tell one trusted person your identity shift and the weekly behavior that proves it. Schedule a weekly check-in for accountability.

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⁰⁷ **Protect a Weekly Thinking Block**

Reserve 60 minutes every week for strategic reflection: what to continue, what to stop, and what to redesign.

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⁰⁸ **Send Your Future Self a Letter**

Write a dated message from your future self to your present self describing what mattered most and what had to be abandoned.