

Better Than Before

by Gretchen Rubin

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 **Discover your tendency**

Take Gretchen Rubin's Four Tendencies quiz at gretchenrubin.com. Read the full description of your tendency and the other three. This is the foundation for every strategy that follows.

MON TUE WED THU FRI SAT SUN

⁰² **Apply the Strategy of Convenience to one habit**

Pick one habit you want to build. Change your environment so the right behavior takes less effort: lay out workout clothes, prep meals in advance, put your journal on your pillow.

MON TUE WED THU FRI SAT SUN

⁰³ **Identify your Foundation Four**

Rubin identifies four foundation habits that support all others: sleep, exercise, eating, and clutter. Audit where you stand on each. Strengthen the weakest one first.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Design your Obliger accountability system**

If you are an Obliger: build outer accountability before you need it. Tell someone your plan, join a class, hire a trainer, or schedule check-ins. Do not rely on self-motivation alone.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Schedule habits rather than resolving them**

Stop saying I will do it this week. Put habits on your calendar with a specific time and place. Implementation intentions - when/where plans - double follow-through rates.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Anchor a new habit to an existing one**

Stack the new behavior onto something you already do reliably: after my morning coffee, I will read for 10 minutes. After I brush my teeth, I will stretch for 5 minutes.