

# Beyond Good and Evil

by Friedrich Nietzsche

---

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

<sup>01</sup> **Question Your Foundational Values**

Write down what you consider 'good' and 'evil.' Then ask: Did I choose these values, or did I inherit them from my culture? Who benefits from me believing this?

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Identify Master vs Slave Traits in Yourself**

Which of your traits come from strength and affirmation? Which come from resentment and weakness? Start noticing the pattern in your daily judgments.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Challenge One Social Convention This Week**

Find a common moral rule you've always accepted. Question it. Why do we follow it? Is it life-affirming or life-denying? What would happen if you broke it?

MON TUE WED THU FRI SAT SUN

<sup>04</sup> **Create One New Value for Your Life**

Don't adopt Nietzsche's morality. Create your own. What is good for your growth? What increases your power and creativity? Live by it, regardless of society's judgment.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Embrace Productive Conflict**

Nietzsche says great things come from conflict, not harmony. Seek out intelligent disagreement. Don't retreat into comfortable consensus. Let opposing ideas sharpen your thinking.