

Critique of Pure Reason

by Immanuel Kant

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 **Notice Your Perceptual Filters**

Pick a situation where you felt strongly about something - your judgment felt obvious. Now ask: how much of this is 'the thing' and how much is 'my mind's processing of the thing'?

MON TUE WED THU FRI SAT SUN

⁰² **Practice Epistemic Humility**

Next time you're certain about something you can't directly verify - political claim, historical fact, scientific finding - add the caveat: 'to the best of my current knowledge.'

MON TUE WED THU FRI SAT SUN

⁰³ **Read Kant's Introduction First**

The Critique is dense but not impenetrable if you start with the Introduction. Understanding why Kant wrote it - and what problem he was solving - makes the text navigable.

MON TUE WED THU FRI SAT SUN

⁰⁴ **The Thing-In-Itself Meditation**

When frustrated by a situation, practice distinguishing: am I experiencing the thing, or my mind's construction of the thing? The gap between those is the space where anger lives unnecessarily.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Consider What You Can't Know**

What questions do you have that science or reason can't answer? God, death, meaning - write them down. Kant says these questions deserve serious thought even without final answers.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Apply the Categorical Imperative to One Decision**

Ask: could everyone act on the maxim of my current decision? If your action can't be universalized, Kant would say it's not a valid moral choice. Test one real decision this way.