

# Designing Your Work Life

by Bill Burnett, Dave Evans

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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> **Write three work-life headlines**

Draft three different five-year headlines for your work life: one practical, one adventurous, and one quietly joyful. Do not choose yet. Let each headline suggest a different prototype.

MON TUE WED THU FRI SAT SUN

- <sup>02</sup> **Run two curiosity conversations**

Find two people already living near an option you are considering. Ask what their week actually looks like, what surprised them, and what they would test before making the move.

MON TUE WED THU FRI SAT SUN

- <sup>03</sup> **Make one 14-day prototype**

Turn a career idea into a reversible two-week test: a class, shadow day, side project, volunteer shift, client sprint, or calendar experiment. Decide what evidence would count before starting.

MON TUE WED THU FRI SAT SUN

- <sup>04</sup> **Track energy for five workdays**

At lunch and shutdown, write what gave energy and what drained it. After five days, look for patterns by activity, people, pace, environment, and autonomy.

MON TUE WED THU FRI SAT SUN

- <sup>05</sup> **Reframe the stuck sentence**

Write your current complaint, then rewrite it as three design questions beginning with 'How might I...!'. Pick the version that creates the most possible next moves.

MON TUE WED THU FRI SAT SUN

- <sup>06</sup> **Build a tiny advisory board**

Choose three people for different lenses: one truth-teller, one connector, and one person who knows your energy. Ask each for one prototype they would run before a big decision.