

Digital Minimalism

by Cal Newport

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 **Run the 30-day declutter**

List every optional app, feed, newsletter, and platform you use for entertainment or ambient connection. Remove them for thirty days and keep only what work, logistics, and real relationships genuinely require.

MON TUE WED THU FRI SAT SUN

- ⁰² **Protect the first hour of the day**

Make your morning the first place where technology stops being the default. Keep the phone out of reach, start with paper, movement, prayer, reading, or planning, and notice how differently the rest of the day unfolds.

MON TUE WED THU FRI SAT SUN

- ⁰³ **Write operating rules for one keep-worthy tool**

Choose one tool you know has real value - maybe podcasts, maps, or direct messaging - and define the exact rules: when you use it, why you use it, and what behaviors are banned because they pull it back toward compulsion.

MON TUE WED THU FRI SAT SUN

- ⁰⁴ **Build a high-quality leisure list**

Write down at least five offline activities that are more demanding and more satisfying than passive scrolling. Pick one for weeknights, one for weekends, and one you can do in under fifteen minutes when boredom hits.

MON TUE WED THU FRI SAT SUN

- ⁰⁵ **Schedule two communication windows**

Instead of grazing messages all day, decide on two moments when you will check inboxes, social replies, and group chats. Outside those windows, let silence do its work.

MON TUE WED THU FRI SAT SUN

- ⁰⁶ **Practice daily solitude without input**

Take one walk, commute, or break each day without podcasts, music, or news. The goal is not productivity theater - it is to relearn what your own mind sounds like when nothing is interrupting it.