

Grit

by Angela Duckworth

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 **Name your top-level goal**

Write the one long-term aim that should organize your smaller goals. If several goals compete, choose the one you are willing to serve for years.

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⁰² **Run a deliberate practice block**

Pick one weak point, practice it for 25 minutes, get feedback, and record the next correction before you stop.

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⁰³ **Build a gritty culture**

Spend more time around people who treat consistency, feedback, and finishing as normal standards rather than heroic exceptions.

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⁰⁴ **Convert one setback into a plan**

Choose a recent disappointment and write the controllable adjustment: what to change, when to try again, and how you will measure progress.

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⁰⁵ **Reconnect effort to service**

Write who benefits if you keep improving. Use that person, team, or community as fuel when interest dips.