

Guns, Germs, and Steel

by Jared Diamond

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 **Map your own geography advantage**

Where you live is part of your story. What geographic advantages or constraints shaped your region? What domesticable plants and animals were available to your ancestors?

MON TUE WED THU FRI SAT SUN

- ⁰² **Challenge racist explanations in everyday conversation**

When someone attributes a nation's success or failure to 'culture' or 'people,' ask: what geography determined their starting conditions? This book gives you the framework.

MON TUE WED THU FRI SAT SUN

- ⁰³ **Read the case studies: Polynesia, Australia, the Americas**

Diamond's regional deep dives show how the same framework applies everywhere. Each case study is a masterclass in how geography predicts outcomes.

MON TUE WED THU FRI SAT SUN

- ⁰⁴ **Understand why some nations lagged in technology, not morality**

Europe didn't colonize the world because Europeans were smarter. It colonized because geography gave Eurasia advantages in domestication, disease, and technology.

MON TUE WED THU FRI SAT SUN

- ⁰⁵ **Examine your own biases about 'development' and 'tradition'**

If a society didn't have writing, cities, or metal tools, don't assume they were less intelligent. Ask what geography they faced. Many thrived exactly as geography dictated.

MON TUE WED THU FRI SAT SUN

- ⁰⁶ **Revisit colonial history with a new framework**

The Americas didn't fall because indigenous peoples were 'primitive.' They fell because they had no immunity to Old World diseases and no iron weapons. Geography determined the asymmetry.