

High Performance Habits

by Brendon Burchard

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 Write a one-page clarity brief each morning

Before inboxes or inputs, answer three prompts: what matters most today, how do I want to show up, and what would make tonight feel complete?

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02 Create an energy floor you protect daily

Define the non-negotiables that keep your body online: sleep target, movement minimum, hydration, and one deliberate reset between major work blocks.

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03 Attach today's work to a human stake

Raise necessity by naming who benefits if you follow through and who pays if you drift. Make the reason emotional, not just intellectual.

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04 Guard one 50-minute output sprint

Schedule one block for the task that changes the day and remove every optional input until the block is complete.

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05 Practice one influence rep before dinner

Send the appreciation, make the ask, offer the coaching note, or clarify the expectation. Performance becomes leverage when other people can feel it.

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06 Do one visible brave thing before lunch

Publish the draft, request the meeting, name the boundary, or volunteer the idea. Train courage while your standards are still imperfect.