

How We Got to Now

by Steven Johnson

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 **Build a hunch journal**

Johnson: keep a notebook of half-formed ideas. Check it monthly. The connections that produce breakthroughs usually need time to surface.

MON TUE WED THU FRI SAT SUN

⁰² **Explore the adjacent possible**

Johnson: when working on a problem, ask: what does the adjacent possible now include? What new combinations have become possible?

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⁰³ **Seek collisions**

Johnson: the history of innovation is the history of disciplines colliding. Deliberately seek ideas from adjacent fields.

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⁰⁴ **Practice 'slow seeing'**

Johnson: look at something familiar as if for the first time. Describe it to yourself without naming it. Fresh perception produces fresh ideas.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Cross the disciplinary border**

Johnson: find one idea from a completely different field and ask: what does this teach me about my own field?

MON TUE WED THU FRI SAT SUN

⁰⁶ **Create a collision space**

Johnson: design one environment where diverse people can interact without agenda. Most breakthroughs happen in the margins between disciplines.