

# Sapiens

by Yuval Noah Harari

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

<sup>01</sup> **Question Your Narratives**

What shared fictions shape your life? Money, nationality, religion, capitalism. Notice which ones you accept without question.

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<sup>02</sup> **Study Agricultural Impact**

Research how agriculture changed human culture, health, and social structures. Compare pre-agricultural and agricultural societies.

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<sup>03</sup> **Explore Shared Myths**

Pick one institution (nation, corporation, religion). How does it maintain belief in its legitimacy?

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<sup>04</sup> **Understand Scientific Limitations**

Science can explain how, but not why. Reflect on questions science cannot answer about meaning and purpose.

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<sup>05</sup> **Trace an Technology's Impact**

Pick one technology (printing, electricity, internet). Map how it changed human society and values.

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<sup>06</sup> **Reflect on Happiness**

Are you happier than historical humans? Gather data about your own wellbeing and compare to pre-modern accounts.

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<sup>07</sup> **Experiment with Perspective Shifts**

Imagine explaining a modern institution (social media, universities, money) to a person from 10,000 years ago.

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<sup>08</sup> **Anticipate Future Revolutions**

What revolution might be coming next? AI? Genetic engineering? Climate transformation? What questions will it create?