

Self-Discipline in Difficult Times

by Martin Meadows

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 **Make One Commitment and Keep It**

Pick one thing you've been postponing. Do it today. Not perfectly - done. The practice of keeping small commitments rebuilds the self-trust that makes larger ones possible.

MON TUE WED THU FRI SAT SUN

⁰² **The 'Would I Do This for 5 Minutes?' Test**

When avoiding a task, try doing it for just 5 minutes. Most of the time, once you've started, you'll continue. The resistance is usually in the starting, not the doing.

MON TUE WED THU FRI SAT SUN

⁰³ **Environment Audit - Remove One Temptation**

What's the biggest distraction in your environment right now? Remove it for today. Not forever - today. The discipline is in the temporary removal, not the permanent change.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Distinguish Discomfort from Danger**

When you feel resistance to doing something hard, ask: is this discomfort or danger? If discomfort - and it usually is - proceed. The nervous system will calm down after you start.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Pre-Commit Before the Difficult Moment**

Before a challenging period - a diet, a no-spend month, a training program - write down your commitment publicly or to yourself. Pre-commitment is more binding than intention.

MON TUE WED THU FRI SAT SUN

⁰⁶ **The Sunday Review**

Each Sunday, review: did I keep the commitments I made to myself? Not to judge - to notice patterns. Self-awareness is the foundation of self-discipline.