

The Anthropocene Reviewed

by John Green

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 Your Own Anthropocene Review**

Pick something ordinary - coffee, airports, a specific song. Write a two-paragraph review of it. The practice of close attention to ordinary things is Green's core method.

MON TUE WED THU FRI SAT SUN

⁰² **Sit With the Knowledge of Your Smallness**

Take 10 minutes to really contemplate your relative scale in geological time. Don't spiritualize it or dismiss it. Feel it. Notice what comes up. That's the starting point.

MON TUE WED THU FRI SAT SUN

⁰³ **Show Up When It's Hard**

Identify one community, relationship, or commitment you've been half-assing. Show up fully - once. At a funeral, a birthday, a difficult conversation. Presence is the thing.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Finish One Book You Started and Abandoned**

We abandon books when they start asking something of us. Finish one. Let it ask. The discomfort of finishing is the value of reading.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Notice What's Around You That You've Stopped Seeing**

Pick your commute, your neighborhood, your workspace. For 5 minutes, look at it like a stranger. The world becomes new when attention is applied to it.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Read Green's Essay on the Challenger Disaster**

The essay 'The Closest Thing to Madness' is one of the finest pieces of nonfiction about decision-making under uncertainty. It will change how you think about risk and responsibility.