

The Happiness Hypothesis

by Jonathan Haidt

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 **Run a rider-elephant check before big decisions**

Write two lines: what your rider says is rational, and what your elephant actually wants. Then adjust the environment so the desired behavior is easier than the default.

MON TUE WED THU FRI SAT SUN

- ⁰² **Schedule one happiness-between block weekly**

Book two hours for connection or contribution: a deep conversation, a shared project, mentoring, or helping someone. Protect it like a non-cancelable meeting.

MON TUE WED THU FRI SAT SUN

- ⁰³ **Practice voluntary discomfort in small doses**

Choose one manageable challenge this week: hard workout, difficult conversation, or a day without a comfort habit. Reflect on what capability or perspective it built.

MON TUE WED THU FRI SAT SUN

- ⁰⁴ **Use adaptation interrupts**

Each day, briefly savor one ordinary good thing you normally ignore: a meal, a walk, a friend, a quiet room. Name it and hold attention for 20 seconds before moving on.

MON TUE WED THU FRI SAT SUN

- ⁰⁵ **Train one virtue for 14 days**

Pick gratitude, self-control, or compassion. Define one repeatable behavior and do it daily for two weeks. Track completion and mood impact in one sentence per day.

MON TUE WED THU FRI SAT SUN

- ⁰⁶ **Choose one binding commitment**

Commit to one person, principle, or purpose with a clear rule for the next 30 days. Let the rule remove negotiation fatigue and measure how it affects your clarity and energy.