

The Intelligent Investor

by Benjamin Graham, Jason Zweig

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 a one-page valuation memo**

Before buying anything, state your estimate of intrinsic value, the evidence behind it, and the price that would create a real margin of safety.

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⁰² **Create a Mr. Market watchlist**

Track a small set of businesses you understand and pre-commit to the prices that would make them interesting rather than reacting to headlines in real time.

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⁰³ **Set defensive allocation rules**

Decide in advance how much stays in diversified core holdings versus any enterprising positions so enthusiasm cannot quietly turn into concentration risk.

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⁰⁴ **Review business results, not price drama**

On a fixed schedule, compare your thesis with earnings power, balance-sheet health, and capital allocation instead of checking whether the stock moved in your favor.

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⁰⁵ **Add a behavior checklist to every trade**

Ask whether you are acting from analysis, boredom, fear of missing out, or the discomfort of cash waiting for a better opportunity.

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⁰⁶ **Define your sell discipline now**

Write down what would count as thesis failure, overvaluation, or a better use of capital before emotion and volatility are present.