

# The Now Habit

by Neil Fiore

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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> **Schedule guilt-free play first**

Block real leisure, food, exercise, or recovery before your most avoided task. The point is not indulgence; it is removing the feeling that work will swallow the whole day.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Write the finish line in one sentence**

Before you begin, define what 'done for now' means: draft the intro, outline three bullet points, clear ten emails, warm up for ten minutes. Ambiguity is fuel for avoidance.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Use a 25-minute starter block**

Promise only one bounded work block. When the timer ends, you are free to stop. Most procrastination collapses once the beginning no longer feels infinite.

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<sup>04</sup> **Rewrite one 'should' as a choice**

Catch one sentence like 'I should finish this tonight' and replace it with 'I choose to work on this for 25 minutes.' The wording changes the posture you bring to the task.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Leave a runway for tomorrow**

Stop while you still know the next step. Leave a note, an open tab, or a half-finished sentence so tomorrow's restart requires almost no courage.

MON TUE WED THU FRI SAT SUN

<sup>06</sup> **Track starts, not heroic hours**

For one week, count how many times you begin on cue rather than how many hours you log. Fiore cares more about reliable entry than dramatic marathons.