

# The Power of Less

by Leo Babauta

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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> **Find Your One MIT**

Each morning before checking email or social media, ask: 'What is the single most important thing I can accomplish today?' Write it down. Complete it first. Everything else is secondary.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **The 3-MIT Daily Rule**

Limit your task list to exactly 3 Most Important Tasks each day. Not 10. Not 7. Three. When you've completed them, everything else is a bonus. This simple constraint eliminates decision fatigue and creates genuine accomplishment.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **The 30-Day Single Habit**

Choose one - and only one - new habit to build for the next 30 days. Do it every day without exception. No adding new habits until day 31. Babauta built over a dozen life-changing habits this way, one at a time.

MON TUE WED THU FRI SAT SUN

<sup>04</sup> **The One Goal Rule**

Write down every goal you're currently pursuing. Now identify the single most important one. For the next 30 days, put all extra effort toward that one goal and deprioritize the rest. Scattered effort rarely finishes. Focused effort almost always does.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **The Weekly Commitment Audit**

Each Sunday, list every commitment, project, and obligation you have. Circle the three that matter most. Ask yourself: 'Can I say no to anything else right now?' Declining one thing this week protects your focus for everything that counts.