

The Republic

by Plato

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 **Ask 'what is X really?' for one belief you hold**

Pick a strong political, moral, or social belief. Try to define the Form of it - what is Justice, really? What is Freedom? Get uncomfortable.

MON TUE WED THU FRI SAT SUN

⁰² **Examine a shadow**

Identify a 'shadow' in your life - something you've mistaken for the real thing. A job for a calling. A credential for an education. A approval for love.

MON TUE WED THU FRI SAT SUN

⁰³ **Practice Socratic questioning on yourself**

For any belief you hold, ask: 'Why do I believe this? What evidence would change my mind? What does my opponent believe that I haven't considered?'

MON TUE WED THU FRI SAT SUN

⁰⁴ **Observe your three parts**

During one difficult moment today, notice: what's your reason saying? What's your anger/fear (spirit) doing? What's your appetite demanding? Can you see them as distinct?

MON TUE WED THU FRI SAT SUN

⁰⁵ **Find someone worth arguing with**

Seek out someone who disagrees with you on something important. Not to win. To understand. Have one conversation this week.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Read Plato's Cave slowly**

Re-read the allegory of the cave. Note every detail. Which wall are you on? Which shadows do you mistake for truth?