

The Slight Edge

by Jeff Olson

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 **Choose one slight edge habit**

Pick one action so small it feels almost too easy: read two pages, walk ten minutes, save five dollars, write one paragraph.

MON TUE WED THU FRI SAT SUN

⁰² **Attach it to an existing cue**

Place the behavior after something already stable in your day, such as coffee, lunch, shutting your laptop, or brushing your teeth.

MON TUE WED THU FRI SAT SUN

⁰³ **Keep a seven-day scorecard**

Track only whether you did the action. Do not grade intensity. The goal is to make the invisible curve visible.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Design the easy-not-to-do trap**

Name the exact moment you usually skip the action and prepare the environment before that moment arrives.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Review the philosophy weekly**

Each Sunday, ask whether your repeated average is pulling you upward or downward, then adjust the next ordinary week.