

Thinking, Fast and Slow

by Daniel Kahneman

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 **Pause before major decisions**

When facing a significant choice, deliberately slow down and ask: 'Is System 1 steering this?' Introduce a 10-minute wait before responding to emotionally charged messages or high-stakes commitments. The pause alone is enough to activate System 2.

MON TUE WED THU FRI SAT SUN

⁰² **Name the bias when you spot it**

Build vocabulary for cognitive biases - anchoring, availability, representativeness, loss aversion. Once you can name what's happening in the moment, you can interrupt the automatic process. Kahneman found labeling biases to be one of the most effective real-world interventions.

MON TUE WED THU FRI SAT SUN

⁰³ **Seek the outside view**

Before estimating how long a project will take, look up the base rate for similar projects. Your 'inside view' is almost always optimistic. Ask: 'What actually happened to others who tried this?' The outside view is the direct antidote to the planning fallacy.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Run a pre-mortem on your plans**

Before committing to any plan, imagine it's one year from now and the plan has failed spectacularly. Write down every reason it could have gone wrong. This unlocks honest System 2 criticism before emotional investment locks in - and surfaces risks that optimism normally hides.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Track your predictions in writing**

Keep a simple predictions log: write down what you believe will happen in specific situations, with a date to check the outcome. Reviewing your forecast accuracy over time is the most direct path to calibrated confidence and is the most reliable cure for overconfidence.