

10% Happier

by Dan Harris

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 The One-Minute Breather

Set a timer for 60 seconds. Close your eyes. Feel the breath at your nose. When your mind wanders (and it will), gently bring it back. That's the whole practice. Repeat 3x today.

MON TUE WED THU FRI SAT SUN

02 Label the Voice

When you're caught in negative self-talk, label it: 'thinking' or 'judging' or 'worrying.' Not with judgment - just recognition. Watch what happens when you name it.

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03 The PAUSE Method

PAUSE = Pause, Allow, Watch, act with Self-awareness. When triggered, pause for 10 seconds. Allow the feeling to be there. Watch it without acting. Then choose your response.

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04 Drop the Rope

Visualize your thoughts as a person tugging a rope. You can either pull back (argue) or drop the rope (let them be). Drop the rope. Watch the thoughts pass without engaging.

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05 Start with Self-Interest

Forget enlightenment. Focus on being 10% less reactive, 10% kinder, 10% less stressed. Small improvements compound. Self-interest is a perfectly good reason to meditate.