

# A Guide to the Good Life

by William B. Irvine

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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> **Practice Morning Negative Visualization**

Spend 5 minutes imagining losing something you value. Then appreciate that it's still here. Do this daily. It rewires your brain for gratitude.

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<sup>02</sup> **Conduct a Control Audit**

Write down everything worrying you. Mark each item as 'up to me' or 'not up to me.' Focus only on the first. Let go of the second. Feel the relief.

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<sup>03</sup> **Choose One Voluntary Discomfort Daily**

Skip the elevator. Take a cold shower. Eat simply. Minor discomforts train you to handle life's inevitable hardships without suffering.

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<sup>04</sup> **Review Your Day Each Evening**

What did you handle well? Where did you react poorly? What will you do differently tomorrow? Progress through reflection. The Stoics did this nightly.

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<sup>05</sup> **Use the 10-Second Rule When Angry**

When triggered, wait 10 seconds before responding. Most anger passes in that time. Respond with reason instead of regret. This is discipline.

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<sup>06</sup> **Remember Memento Mori Once Daily**

You will die. This could be your last day. How will you use it? Let that awareness guide your choices. Live urgently, not frantically.