

Anxious for Nothing

by Max Lucado

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 **Turn one spiral into one sentence prayer**

When anxiety goes abstract, write a single sentence beginning God, please help me with and keep it concrete and present-tense.

MON TUE WED THU FRI SAT SUN

- ⁰² **Run a three-line gratitude reset**

List three provisions from the last 24 hours: one practical, one relational, and one internal. Gratitude works best when it is specific.

MON TUE WED THU FRI SAT SUN

- ⁰³ **Separate today's task from tomorrow's outcome**

Draw two columns labeled mine and not mine. Put your next faithful action in the first column and every uncontrollable result in the second.

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- ⁰⁴ **Use the Philippians 4 thought filter**

When your mind loops, ask which better category fits this moment: true, honorable, just, pure, lovely, or commendable. Dwell there for two minutes.

MON TUE WED THU FRI SAT SUN

- ⁰⁵ **Create a nighttime release liturgy**

Before sleep, name what you are carrying, pray over it briefly, and end with I do not have to solve this before morning. Repeat nightly for one week.

MON TUE WED THU FRI SAT SUN

- ⁰⁶ **Text one person instead of privately rehearsing**

Lucado's vision of peace is relational, not solitary. Share the burden with one trusted person and ask for prayer rather than hiding inside the loop.