

# Atlas of the Heart

by Brené Brown

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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> **Replace the Big Feeling Word**

When you say you feel bad, pause and choose three more precise candidates: disappointed, resentful, lonely, overwhelmed, embarrassed, tender, or afraid.

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<sup>02</sup> **Map the Body Signal**

Before explaining the story, write where the emotion lives physically: throat, chest, jaw, stomach, shoulders, skin, breath, or hands.

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<sup>03</sup> **Ask the Need Question**

Turn the feeling into one clean request: witness me, reassure me, give me room, help me decide, celebrate with me, or tell me the truth kindly.

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<sup>04</sup> **Separate Envy From Resentment**

If comparison appears, ask whether it reveals a desire you have not admitted or a boundary you have not protected.

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<sup>05</sup> **Practice Foreboding Joy**

When happiness triggers bracing, say: 'This is joy, and joy is vulnerable.' Stay with the good thing for ten breaths.

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<sup>06</sup> **Build a Shared Vocabulary**

Choose five emotion words with a partner, team, or friend group and define what support looks like when each one appears.