

Buddha's Brain

by Rick Hanson, Richard Mendius

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 **Run the 20-Second Installation**

Three times a day, pause on one genuine positive moment and stay with it for at least 20 seconds. Keep attention there long enough for the nervous system to register more than a passing pleasant fact.

MON TUE WED THU FRI SAT SUN

- ⁰² **Name One Good Fact Precisely**

Replace vague gratitude with concrete noticing. Not life is okay but that message made my shoulders drop or the sun felt warm on my face for a second. Specificity installs faster than abstraction.

MON TUE WED THU FRI SAT SUN

- ⁰³ **Add Care to the Inner Voice**

When self-criticism appears, add one sentence that sounds like an ally instead of a prosecutor. The point is not fake positivity; it is moving the body out of threat mode and into care mode.

MON TUE WED THU FRI SAT SUN

- ⁰⁴ **Practice One Mindful Return**

Choose one routine activity today and notice every time attention leaves it. Each gentle return is one repetition of the skill Buddha's Brain cares about most: non-dramatic awareness.

MON TUE WED THU FRI SAT SUN

- ⁰⁵ **Locate the Good in the Body**

When something wholesome happens, ask where you feel it physically: chest, throat, face, breath, belly. Help the experience move from concept into sensation so it has somewhere to land.

MON TUE WED THU FRI SAT SUN

- ⁰⁶ **Send Loving-Kindness for Five Minutes**

Use a short phrase like May I be peaceful. May I be safe. Then extend it to one other person. Let the practice be warm and ordinary rather than theatrical. Repetition matters more than intensity.