

Get Out of Your Head

by Jennie Allen

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 Thought Capture Journal - 7 Days**

Write down every recurring negative thought for one week. Don't judge or fix - just record. Awareness is the first weapon against the spiral.

MON TUE WED THU FRI SAT SUN

⁰² **The 'Is It True?' Test**

When a negative thought loops, stop and ask three questions: Is this 100% true? Who would I be without this thought? What evidence contradicts it?

MON TUE WED THU FRI SAT SUN

⁰³ **Name the Lie, Speak the Truth**

For each captured thought, write the lie it carries and the truth that counters it. Keep this list visible - on your phone, your mirror, your desk.

MON TUE WED THU FRI SAT SUN

⁰⁴ **The Spiral Spotter - Find Your Person**

Tell one trusted person your top 3 spiraling thoughts. Ask them to say 'You're spiraling' when they see it. External awareness breaks internal loops.

MON TUE WED THU FRI SAT SUN

⁰⁵ **The 5-Minute Outward Turn**

When caught in a spiral, do something for someone else within 5 minutes. Text an encouragement. Help a stranger. Redirect the energy outward.

MON TUE WED THU FRI SAT SUN

⁰⁶ **The Evening Reset - End with Truth**

Before bed, write 3 thoughts you entertained today that weren't true. Then write 3 that are. Train your mind to end every day with truth, not noise.