

How Emotions Are Made

by Lisa Feldman Barrett

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 a body-budget check before believing the feeling**

When a strong emotion hits, ask four quick questions: Have I slept, eaten, hydrated, and moved? Treat physiology as evidence, not background noise.

MON TUE WED THU FRI SAT SUN

⁰² **Swap one blunt label for three precise words**

Replace stress with a sharper trio like overloaded, embarrassed, and uncertain. Better concepts widen your next move.

MON TUE WED THU FRI SAT SUN

⁰³ **Collect one missing fact before acting**

In ambiguous situations, get one concrete data point before sending the text, quitting the meeting, or assuming the worst story is true.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Keep an emotion-construction log**

For one week, write down the sensation, the first label you gave it, the context, and what label fit better later. Train yourself to notice construction in real time.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Build a richer feelings vocabulary on purpose**

Learn five emotion words you rarely use and practice applying them accurately. Granularity is a trainable skill, not a personality trait.