

How to Stop Worrying and Start Living

by Dale Carnegie

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 Day-Tight Compartment Practice**

Tonight before bed, write down every worry on your mind. Circle the ones that are about the past or future. Cross those out - they don't belong to today. What remains is your actual to-do list for tomorrow. Wake up and do only those things. Repeat every night for one week.

MON TUE WED THU FRI SAT SUN

⁰² **The Magic Formula in Writing**

Take your biggest current worry and write three sentences: (1) The absolute worst that could happen. (2) 'I accept this worst case.' (3) One specific action to improve on the worst. Read it aloud. Notice how much lighter you feel. Carnegie said this formula saved more careers than any business strategy.

MON TUE WED THU FRI SAT SUN

⁰³ **The Worry Budget**

Set a timer for 15 minutes. This is your daily worry budget - you may worry as intensely as you want during this window. When the timer goes off, you're done for the day. Any worry that surfaces outside the window gets written down and saved for tomorrow's budget. Most people find their worries don't even fill the 15

MON TUE WED THU FRI SAT SUN

⁰⁴ **The 92% Reality Check**

Write down your five biggest worries from one month ago. How many actually happened? How many were as bad as you feared? Carnegie found the answer is almost always: none and none. Do this exercise monthly to train your brain that worry is a terrible fortune teller.

MON TUE WED THU FRI SAT SUN

⁰⁵ **The Busy Hands Cure**

Next time anxiety hits, don't sit with it - do something physical within 60 seconds. Wash dishes, organize a drawer, take a walk, write a letter. Carnegie said 'the worried mind is idle.' The cure isn't meditation (though that helps) - it's motion. Action crowds out worry the way light crowds out darkness.

MON TUE WED THU FRI SAT SUN

⁰⁶ **The Gratitude Inventory**

Before sleeping tonight, write down ten things you have that money can't buy - health, relationships, senses, memories, skills. Carnegie found that worry thrives in a mind focused on what it lacks. Shift the lens to abundance and worry loses its grip. Do this for 30 days and measure how your anxiety changes.