

Man's Search for Meaning

by Viktor E. Frankl

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

Write Your Why

Write one sentence: what is your 'why' - the reason you can bear almost any 'how'? Keep it somewhere visible. Return to it when circumstances feel unbearable.

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 02

Future Self Letter

Write a letter from your 80-year-old self back to today. What would they say mattered? What would they have done more of? Let that perspective shape this week.

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 03

Attitude Journal

When stuck in something you cannot change, write: 'I cannot change this. What I can choose is my attitude toward it.' Practice the space between stimulus and response.

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 04

Weekly Meaning Audit

Once a week, ask: What gave this week meaning? What would I regret not doing? What suffering am I willing to endure for something worthwhile? Write answers, don't just think them.

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 05

Suffering Reframe

Take one current difficulty and ask: what might this be teaching me? Not toxic positivity - honest inquiry into what meaning might live inside the struggle.