

No Mud, No Lotus

by Thich Nhat Hanh

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 **Name the mud**

Once today, pause during a difficult feeling and write one plain sentence: this is suffering because... Keep it factual, not dramatic.

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⁰² **Hold the crying child**

Place a hand on your chest or belly and breathe three slow rounds while silently saying: I am here with you.

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⁰³ **Separate pain from resistance**

Draw two columns: what hurts, and what I am adding on top of it. Work gently with the second column first.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Water one flower**

Choose one nourishing act before bed: thank someone, step outside, drink tea slowly, stretch, or notice one thing still beautiful.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Ask for the root**

When a strong reaction settles, ask: what need, fear, or old habit was underneath this? Let the answer be simple.