

Peace Is Every Step

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 **Practice one conscious breath**

Nhat Hanh: one conscious breath. Notice the inhale. Notice the exhale. This is enough. This is the entire practice.

MON TUE WED THU FRI SAT SUN

⁰² **Smile at your next meal**

Nhat Hanh: before eating, pause. Look at your food. Smile. Breathe. Let the smile communicate to your body that nourishment is here.

MON TUE WED THU FRI SAT SUN

⁰³ **Walk mindfully for 10 minutes**

Nhat Hanh: walk at half your normal speed. Feel your feet touching the earth. With each step: 'I have arrived. I am home.'

MON TUE WED THU FRI SAT SUN

⁰⁴ **Transform one difficult emotion today**

Nhat Hanh: when suffering arises, don't fight it. Name it: 'Hello, anger. I know you're there.' Breathing with it transforms it.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Practice deep listening**

Nhat Hanh: when someone is suffering, give them your full presence. Empty your mind of your own agenda. Just listen. This alone is healing.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Do one thing with full attention**

Nhat Hanh: wash the dishes to wash the dishes. Walk to walk. When the mind wanders, gently return. This is meditation in daily life.