

Reasons to Stay Alive

by Matt Haig

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 Own Reasons List**

Take a blank page and write at the top: Reasons to Stay Alive. Then list everything - big or small. A song. A person. The taste of something you love. The list does not need to be profound. It needs to be yours. Keep it somewhere you can find it on the dark days.

MON TUE WED THU FRI SAT SUN

⁰² **Move Your Body for 20 Minutes**

Haig credits running with saving his life. Not because it cured depression, but because it proved his body could still do something powerful. Walk, run, swim, dance - any movement that takes your body somewhere your mind cannot follow. Do it today.

MON TUE WED THU FRI SAT SUN

⁰³ **Tell One Person How You Feel**

Not a social media post. Not a hint. One real conversation with one real person: I am struggling. Haig was terrified to say it out loud. When he did, the shame halved. Depression feeds on secrecy. Light kills it.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Read Something Written by a Survivor**

Haig found solace in knowing others had survived the same darkness. Read Sylvia Plath, William Styron, Andrew Solomon, or Haig himself. Not for advice - for proof. Proof that the worst passes and that someone made it through.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Protect Your Tomorrow Self**

You cannot feel hope right now? That is fine. You do not need to feel it. Just protect the version of you who will feel it tomorrow, or next month, or next year. Stay for that person. They will thank you.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Notice One Beautiful Thing Today**

Haig's recovery began with noticing. A tree. A child laughing. The color of the sky at 6pm. Depression narrows your attention to the dark. Deliberately noticing one beautiful thing is a tiny act of rebellion against the illness.