

Soundtracks

by Jon Acuff

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 one broken soundtrack today**

Write the exact sentence you repeat when stressed. Keep it literal, not vague. You cannot retire a loop you have not named clearly.

MON TUE WED THU FRI SAT SUN

- ⁰² **Run the three filters: true, helpful, actionable**

Score your thought from 0 to 10 on each filter. Most overthinking loops collapse when examined this way.

MON TUE WED THU FRI SAT SUN

- ⁰³ **Write a replacement line in 12 words or fewer**

Keep it simple enough to remember under pressure. If it is too long, you will not use it when you need it most.

MON TUE WED THU FRI SAT SUN

- ⁰⁴ **Attach the new soundtrack to a trigger**

Pick one repeatable trigger (opening email, walking into meetings, bedtime) and rehearse the new line at that moment daily.

MON TUE WED THU FRI SAT SUN

- ⁰⁵ **Create one evidence list against your old loop**

Collect three concrete examples from your own life that disprove the retired soundtrack. Evidence beats emotion in the long run.

MON TUE WED THU FRI SAT SUN

- ⁰⁶ **Do a seven-day repetition streak**

Repeat your new soundtrack morning, midday, and evening for one week. Track your follow-through and mood changes each day.