

The Comfort Crisis

by Michael Easter

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 **Design a 50 percent challenge**

Pick one monthly challenge with a real chance of failure: a long ruck, cold-water swim, hard climb, public performance, or solo day outside. Make it safe, measurable, and memorable.

MON TUE WED THU FRI SAT SUN

- ⁰² **Add one daily discomfort rep**

Choose a repeatable friction point: cold shower finish, stairs with a loaded backpack, phone-free walk, or delaying a snack. Keep it small enough to become identity evidence.

MON TUE WED THU FRI SAT SUN

- ⁰³ **Take a boredom walk**

Walk for 30 minutes without headphones, calls, maps, podcasts, or photos. Let the first ten minutes feel irritating. That is the point.

MON TUE WED THU FRI SAT SUN

- ⁰⁴ **Let weather touch you**

Once this week, go outside in imperfect weather with reasonable gear instead of waiting for ideal conditions. Notice what your body can handle.

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- ⁰⁵ **Practice hunger literacy**

Delay one nonessential snack and watch the signal rise, shift, and pass. Separate true need from automatic convenience.

MON TUE WED THU FRI SAT SUN

- ⁰⁶ **Schedule a wild reset**

Put one half-day outdoor block on your calendar: trail, shoreline, park, mountain, or open field. No optimization agenda beyond movement, silence, and attention.