

The Only Plane in the Sky

by Garrett M. Graff

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

Listen to the Voices

Find and listen to recorded interviews from 9/11 survivors and first responders. Hear it in their words.

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02

Read One Full Account

Pick one person whose perspective interests you. Read their complete story. Sit with it.

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03

Honor the Dead

Find the name of one person who died. Learn about them-their job, their family, their dreams.

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04

Thank a First Responder

Find a firefighter, police officer, or emergency worker. Thank them for their service, both then and now.

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05

Document Family Histories

Ask an elder in your life: where were you on 9/11? What do you remember? Record the story.

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06

Visit the Memorial

If you can, visit the 9/11 Memorial & Museum in New York. Spend time sitting with the names.

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07

Understand What Changed

Research how 9/11 changed security, airports, privacy, and foreign policy. Map its ripples.

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08

Practice Gratitude

Consider those who responded to suffering without being asked. Let their sacrifice inspire your own generosity.