

# The Power of Writing It Down

by Allison Fallon

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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

- <sup>01</sup> **Run a Daily 12-Minute Draft Sprint**

Set a timer for 12 minutes. Write continuously with zero editing. At the end, underline one sentence that contains the real issue. Keep only that sentence as your headline.

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- <sup>02</sup> **Use the Fact-Story Split**

After any stressful event, make two columns: Facts and Story. Put only observable events in Facts. Put interpretation in Story. Then rewrite Story into one balanced sentence.

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- <sup>03</sup> **End Every Session with a Decision Line**

Finish with: "By [day], I will [specific action]." If you cannot complete this line, keep writing until you can. No decision means the draft is still incomplete.

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- <sup>04</sup> **Do a Nightly Worry Download**

Before sleep, write worries for 10 minutes, then extract one controllable action for tomorrow morning. Close the notebook after that line. Train your brain to hand off the loop.

MON TUE WED THU FRI SAT SUN

- <sup>05</sup> **Send a Six-Month Future Letter**

Write a note from your future self describing what changed because you stayed consistent. Seal it and set a calendar reminder to read it in six months.

MON TUE WED THU FRI SAT SUN

- <sup>06</sup> **Use the 3-Pass Reset After Hard Conversations**

Pass 1: what happened. Pass 2: what I felt and feared. Pass 3: what I want to do next. This prevents rumination and turns conflict into usable learning.