

Wherever You Go, There You Are

by Jon Kabat-Zinn

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 **The One-Breath Reset**

Right now - before reading the next line - take one conscious breath. Feel the air enter your nose. Feel your chest rise. Feel the exhale. That's it. That's the entire practice.

MON TUE WED THU FRI SAT SUN

⁰² **The Raisin Meditation**

Eat one raisin (or any small food) as slowly as possible. Look at it. Smell it. Place it on your tongue. Notice texture, flavor, temperature. One raisin, fully experienced, is worth a hundred eaten on autopilot.

MON TUE WED THU FRI SAT SUN

⁰³ **Walk Without a Destination**

Take a 10-minute walk with no goal except to walk. Feel each foot touch the ground. Notice the air on your skin. You're not going somewhere - you're practicing being here while in motion.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Sit for Five Minutes**

Set a timer for five minutes. Sit comfortably. Close your eyes. Follow your breath. When your mind wanders (it will), gently return. The wandering IS the practice - each return is a rep.

MON TUE WED THU FRI SAT SUN

⁰⁵ **The Doorway Pause**

Every time you walk through a doorway today, pause for one second. Feel the threshold. Notice you are transitioning from one space to another. Let it be a tiny wake-up bell.

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⁰⁶ **Notice Three Things**

Right now: name one thing you can see, one you can hear, and one you can feel. That's it. You've just arrived in the present moment. You can do this anywhere, anytime, in three seconds.