

Why We Meditate

by Daniel Goleman, Tsoknyi Rinpoche

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 Drop-In Practice**

Pause whatever you are doing. Three slow breaths. Place full attention in the body - hands, feet, the weight of your chest. Rinpoche calls this the drop-in: brief, body-first, done a dozen times a day. It does not take time. It takes intention.

MON TUE WED THU FRI SAT SUN

⁰² **Notice the Speedy Mind Without Judging It**

For 24 hours, simply notice when your mind is somewhere other than where your body is. No fixing, no frustration - just noting: I'm in the future again. The noticing itself IS the practice.

MON TUE WED THU FRI SAT SUN

⁰³ **Three-Breath Compassion Reset**

Think of someone you love, or a stranger who looks stressed. Silently wish them three words: May you be well. Thirty seconds. Rinpoche calls this the starter engine for the heart - essence love uncovering itself.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Set a Daily Mind Weather Alarm**

Set a recurring alert labeled Mind Weather. When it fires, ask honestly: is my mind clear or cloudy? Rushed or grounded? No action required - just the honest notice. Awareness is always the first move.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Replace One Phone-Reach with a Body Scan**

Every time you reach for your phone out of boredom or habit, pause. Scan from feet to head for 30 seconds instead. You are not quitting technology - you are training the gap between impulse and action. That gap is where freedom lives.

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⁰⁶ **Read the Science, Then Sit**

Pick any one research finding Goleman cites - Davidson's compassion work, the Harvard mind-wandering study, the amygdala downregulation data - and read the abstract. Then sit for five minutes. The science confirms what the practice already shows you.