

You Are Your Best Thing

by Tarana Burke, Brené Brown

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 **Notice Your Trauma Responses Without Judgment**

When you notice a trauma response - hypervigilance, shutdown, disproportionate emotional reaction - pause. Name it: 'I notice I am in a stress response.' Naming creates distance from the pattern.

MON TUE WED THU FRI SAT SUN

⁰² **Find One Practice That Moves Your Body**

Movement is medicine for racial trauma. Not exercise - practice. Something that integrates body and mind: yoga, dance, walking. Choose what makes you feel present in your body.

MON TUE WED THU FRI SAT SUN

⁰³ **Build Your 'I Am Safe Right Now' Evidence List**

Racial trauma triggers nervous system activation. Write down: right now, in this moment, am I physically safe? The evidence is sometimes more available than it feels.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Practice Radical Self-Care Without Guilt**

Rest when you need to rest. Say no when you need to say no. Self-care in the face of ongoing injustice is not a luxury - it is a prerequisite to the work of resistance.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Find or Build Community**

Resilience is not individual. Find one community - in person or online - where you are seen, celebrated, and understood. That resource is not optional. It is foundational.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Celebrate One Small Win Per Day**

In the face of ongoing structural challenges, the small wins - showing up, speaking up, getting through the day - deserve celebration. Start a wins list. They accumulate.