

You, Happier

by Daniel G. Amen

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 **Match one habit to your brain type**

Pick the tendency that most often destabilizes you, then build one counter-habit for it: more structure, less stimulation, more recovery, or more flexibility.

MON TUE WED THU FRI SAT SUN

⁰² **Run a noise audit before reacting**

When your mood drops, ask what is driving it: facts, fatigue, fear, or mental chatter. Naming the source lowers the chance that you obey the first story in your head.

MON TUE WED THU FRI SAT SUN

⁰³ **Protect sleep like a mood intervention**

Choose one bedtime boundary this week and hold it. Treat sleep as tomorrows emotional stability plan, not as leftover time.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Add one daily connection ritual**

Create a small repeated moment of human contact: a walk, a check-in text, lunch with someone, or a nightly conversation without screens.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Write your one meaningful target each morning**

Before the day gets noisy, decide what would make the day feel worthwhile. Purpose quiets a surprising amount of emotional static.