ACTION CHECKLIST

101 Essays That Will Change The Way You Think

by Brianna Wiest

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 **Write the hidden sentence** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Choose one recurring reaction and finish this line: The story underneath this is... Name the belief before trying to fix it.

MON TUE WED THU FRI SAT SUN

☐ 02 **Separate facts from forecasts** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Draw two columns for a current worry. Put only observable facts on the left and predictions on the right.

MON TUE WED THU FRI SAT SUN

☐ 03 **Make one identity vote** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Pick a person you are becoming, then do one ten-minute action that person would do today.

MON TUE WED THU FRI SAT SUN

☐ 04 **Replace the secret test** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Turn one unspoken expectation in a relationship into a direct, kind request.

MON TUE WED THU FRI SAT SUN

☐ 05 **Follow aliveness once** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Schedule the smallest version of something that makes you feel awake, even if it does not yet look practical.