

13 Things Mentally Strong People Don't Do

by Amy Morin

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

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01

Pick one drain

Choose the habit that costs the most power right now.

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02

Write the control split

Separate what is yours from what is not yours.

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03

Define the fear action

Name the action fear keeps vetoing and the smallest safe version.

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04

Extract one lesson

Write what the repeated mistake is trying to teach.

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05

Stop one pity rehearsal

Interrupt one loop of unfairness with a next action.

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06

Return control

Put five minutes into something inside your control each day.

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07

Review strength evidence

Write one moment where you did not obey the old drain.

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