

A Gentle Reminder

by Bianca Sparacino

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

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01

Write the reminder you need

Choose one sentence you would offer a friend in the same situation.

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02

Name the standard

Write the boundary that gentleness still needs to protect.

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03

Choose a recovery ritual

Pick one small act that helps your body feel cared for.

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04

Release one chase

Name the person, outcome, or proof you are allowed to stop chasing.

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05

Read the reminder daily

Use the sentence before the day becomes harsh.

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06

Practice one quiet no

Protect your standard without escalating the moment.

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07

Record soft evidence

Write one moment where gentleness helped you stay intact.

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