

Bird by Bird

by Anne Lamott

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 **Make a one-inch assignment**

Write the title of the big project, then define the next task so narrowly it can fit into 12 minutes: one memory, one object, one sentence, one paragraph.

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⁰² **Draft badly on purpose**

Set a timer for 15 minutes and produce an intentionally messy first draft. Do not delete, polish, or explain. Just create raw material.

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⁰³ **Mark the living sentence**

Reread the draft once and underline the single sentence with heat, honesty, humor, or image. Build the next pass around that sentence.

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⁰⁴ **Lower the critic volume**

When the inner critic gets loud, write its complaint in the margin, then answer with one concrete next action instead of an argument.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Revise with mercy**

Edit one paragraph as if a patient teacher handed it to you: cut what blurs the truth, keep what has life, and stop before punishment begins.