

# Bittersweet

by Susan Cain

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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

<sup>01</sup> **Write the ache as a letter**

Choose one longing you usually avoid. Address it directly for ten minutes: what it protects, what it misses, and what it is asking you to remember.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Make a three-song bittersweet ritual**

Pick one song for grief, one for gratitude, and one for return. Listen without multitasking, then write the sentence that surfaced after the final note.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Build a small shelf of evidence**

Place three objects that connect you to a person, place, or season you miss. Let the shelf become a visible bridge instead of a hidden ache.

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<sup>04</sup> **Turn nostalgia into one present action**

Ask what the old place, person, or version of you gave you. Then recreate one tiny piece of that quality in your current life this week.

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<sup>05</sup> **Share one honest sentence**

Tell a trusted person one true sentence you usually soften or hide. Do not perform pain. Let accuracy create connection.

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<sup>06</sup> **Give sorrow a useful form**

Choose a form before the mood passes: poem, walk, voice memo, prayer, donation, apology, playlist, or meal. Let the feeling become an offering.