ACTION CHECKLIST

Build the Life You Want

by Arthur C. Brooks, Oprah Winfrey

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 **Run an emotion audit**

Pick one strong feeling today. Write the event, the body sensation, the story you added, and the wiser action you want to take next.

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- [ ] 02 **Rebalance one pillar**

Choose the weakest pillar in your current life portfolio: family, friendship, work, or transcendence. Schedule one small act for it in the next 48 hours.

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- [ ] 03 **Convert comparison into coordinates**

When envy appears, write the desire it reveals. Turn it into one concrete practice instead of one more reason to criticize yourself.

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- [ ] 04 **Make love operational**

Do one useful act of love with no announcement: repair, encourage, serve, forgive, invite, or listen without multitasking.

MON TUE WED THU FRI SAT SUN

- [ ] 05 **End the day with three ingredients**

Before bed, name one moment of enjoyment, one source of satisfaction, and one thing that gave the day meaning.