

Buy Yourself the F*cking Lilies

by Tara Schuster

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 **Buy or choose one visible care object** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Put flowers, a candle, clean sheets, a good pen, or a bowl of fruit where you will see it daily.

MON TUE WED THU FRI SAT SUN

☐ ⁰² **Write your reparenting rule** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Choose one sentence your younger self needed to hear and make it your care rule this week.

MON TUE WED THU FRI SAT SUN

☐ ⁰³ **Create a two-minute reset ritual** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Pair one physical action with one kind sentence: water, light, stretch, tidy, breathe, or wash.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁴ **Set one access boundary** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Decide who or what does not get immediate access to your attention today.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁵ **Do the visible care act** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Each morning, maintain the object or space that reminds you care is allowed.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁶ **Speak to yourself like a guardian** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Replace one harsh internal line with the sentence you would say to someone you protect.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁷ **Close the day with proof** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Write one thing you did today that counts as care, even if it was small.