

Calm the F*ck Down

by Sarah Knight

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

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01

Name the worry

Write the problem in one plain sentence.

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02

Choose the control lane

Mark it as control, influence, accept, or delete.

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03

Define the next action

If it is controllable, write the smallest useful move.

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04

Write the acceptance line

If it is not controllable, write the fact you are releasing.

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05

Do the tiny action

Spend ten minutes on the controllable part before thinking again.

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06

Refuse borrowed urgency

Ask whether the worry is actually yours to carry.

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07

Delete one loop

Choose one worry thread you will not revisit today.

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08

Use a body reset

Exhale slowly before sending the text, email, or reply.

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