

Chatter

by *Ethan Kross*

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 **Rewrite one thought with your name**

Take the loudest sentence in your head today and rewrite it using your own name. Make it sound like advice from a steady coach rather than a verdict from a critic.

MON TUE WED THU FRI SAT SUN

⁰² **Run the one-week test**

When a problem feels permanent, ask: how will this look one week from now? Write the answer before taking action. Let future-you widen the frame.

MON TUE WED THU FRI SAT SUN

⁰³ **File a fly-on-the-wall report**

Describe a stressful scene in the third person, as if you are a careful reporter. Include facts, context, and what each person might reasonably be trying to do.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Choose an awe reset**

Step outside, look at the sky, read one paragraph about space or nature, or stand near something older than you. Give the mind a larger scale before returning to the problem.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Make a two-minute ritual**

Pick one physical cue for mental resets: wash a cup, straighten the desk, open a window, or take ten slow steps. Repeat it whenever chatter starts to loop.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Separate planning from rumination**

Set a ten-minute timer. If the thought produces a next action, write it down. If it only replays pain, label it chatter and switch to a distancing tool.