

Chicken Soup for the Soul

by Jack Canfield

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

☐ ⁰¹ **Write one remembered kindness**
Capture a specific moment when someone made life feel less alone.

MON TUE WED THU FRI SAT SUN

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☐ ⁰² **Build a comfort list**
List three stories, people, or memories that restore perspective.

MON TUE WED THU FRI SAT SUN

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☐ ⁰³ **Send one warm note**
Tell someone the specific way they helped you.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁴ **Choose a story theme**
Pick hope, courage, forgiveness, or gratitude for this week.

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☐ ⁰⁵ **Notice small care**
Record one ordinary kindness each day.

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☐ ⁰⁶ **Share useful hope**
Tell a story that helps without minimizing pain.

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☐ ⁰⁷ **Revisit a good memory**
Spend two minutes with one scene that still steadies you.

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☐ ⁰⁸ **Act like the story**
Do one small kindness you would want someone to remember.

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