

Don't Sweat the Small Stuff ... and It's All Small Stuff

by Richard Carlson

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 the one-week scale test**
Ask whether this irritation will matter in one week before responding.

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MON TUE WED THU FRI SAT SUN

☐ ⁰² **Choose a softener phrase**
Prepare one phrase that lowers intensity: maybe, this is small, or I can let this pass.

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MON TUE WED THU FRI SAT SUN

☐ ⁰³ **List your top three small stuff triggers**
Name the minor events that routinely get promoted into major stories.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁴ **Set a pause cue**
Use one physical cue, such as relaxing your jaw, before answering irritation.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁵ **Release one complaint**
Let one minor complaint go unspoken each day.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁶ **Answer slower**
Delay one reactive response by three breaths.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁷ **Return attention**
After a small annoyance, deliberately put attention back on one meaningful task.

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