

Emotional Agility

by Susan David

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

Name the Hook

When you feel stuck today, write the exact sentence your mind is repeating. Start it with: I am having the thought that...

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 02

Choose One Value

Pick a value you want this moment to express: courage, care, honesty, growth, steadiness, or kindness. Let that value choose the next move.

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 03

Make Room for the Feeling

Give the emotion a name and a location in the body. Let it be present for one minute without fixing, debating, or numbing it.

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 04

Shrink the Next Step

Choose a move so small it does not require a new mood: send the message, open the document, ask the question, take the walk.

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 05

Edit the Story

Replace one identity sentence with an observation. Change I always fail into I am disappointed and I need the next useful rep.