

Everything I Know About Love

by Dolly Alderton

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 **Write the friendship receipt**

Name three specific ways a friend has carried your life lately, then send one sentence of thanks without turning it into a performance.

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⁰² **Separate spark from care**

When you feel obsessed, list the evidence of actual reliability beside the evidence of intensity. Do not let intensity vote twice.

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⁰³ **Make a breakup logistics plan**

Before a crisis, choose the people, places, meals, playlists, and practical anchors that help you survive the first week of heartbreak.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Keep one promise to yourself**

Reserve one evening, boundary, or ritual that proves your own life is not waiting for someone else to validate it.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Retell one messy story kindly**

Take an embarrassing younger-self memory and rewrite it as a field note: what need was present, what lesson arrived, and what tenderness was deserved.