

Everything Is F*cked: A Book About Hope

by Mark Manson

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

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01

Name the discomfort

Write the pain you keep trying to avoid without turning it into a life verdict.

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02

Choose the value

Name the value that would make this discomfort worth carrying.

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03

Reject cheap hope

Write the fantasy outcome that removes all cost and why it keeps failing.

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04

Pick the price

Choose one sacrifice that proves the value is real.

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05

Act without mood support

Take one value-aligned action while your feelings are unconvinced.

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06

Audit one desire

Ask whether today's want points toward comfort, status, or meaning.

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07

End with chosen pain

Write the discomfort you accepted today because it served a better value.

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