

Full Catastrophe Living

by Jon Kabat-Zinn

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 a three-minute body scan**

Sit down, close your eyes if it helps, and move attention from forehead to feet. Do not fix anything. Just notice contact, pressure, temperature, and tension.

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⁰² **Name the second layer**

When stress hits, write one sentence for the raw fact and one sentence for the story your mind added. Practice separating sensation from forecast.

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⁰³ **Use one ordinary anchor**

Pick a daily activity like washing hands, opening a door, or waiting for coffee. Feel one full breath each time it happens today.

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⁰⁴ **Respond after contact**

Before sending the message, making the call, or solving the problem, pause long enough to feel your feet. Let the next action come from presence, not recoil.