

Happier at Home

by Gretchen Rubin

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

Pick one room

Choose the room whose mood affects you most and make it this week's experiment.

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02

Clear one surface

Remove everything from one visible surface and return only what belongs there.

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03

Design the first minute

Decide how you want to greet people when they enter or return.

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04

Choose a household ritual

Create a two-minute ritual for starting or closing the day at home.

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05

Reset the doorway

Make the entrance easier to use before adding new storage.

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06

Give full attention

Offer one uninterrupted minute to a housemate before multitasking.

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07

Remove one irritant

Fix, move, or discard one object that creates repeated annoyance.

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08

Make low-energy easy

Place one useful object where tired-you will need it.

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