

Have a Beautiful, Terrible Day!

by Kate Bowler

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 a Both/And Sentence**

Name one beautiful thing and one terrible thing about today without forcing either to explain the other.

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⁰² **Retire One Platitude**

Notice a phrase you use to rush past pain, then replace it with something honest like, this is hard and I am here.

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⁰³ **Send Presence, Not Advice**

Text someone a no-fixing message: I love you, I hate that this is happening, and I am not going anywhere.

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⁰⁴ **Collect a Small Mercy**

At the end of the day, write down one mercy small enough to be true: a meal, a joke, clean sheets, ten quiet minutes.