

How to Be Alone

by Lane Moore

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 **Host yourself for one hour**

Set a table, make a real meal or drink, choose music, and put the phone out of reach. Treat the hour as an appointment with someone you refuse to neglect.

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⁰² **Send one clean reach**

Text someone with one honest sentence and no performance of being fine. Ask for connection without apologizing for having a need.

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⁰³ **Make an aloneness inventory**

List which parts of being alone feel peaceful, which feel painful, and which are actually about unmet connection. Respond to each category differently.

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⁰⁴ **Retire one almost-belonging**

Name a relationship, habit, app, or room that makes you feel tolerated instead of known. Create one boundary that protects your attention this week.

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⁰⁵ **Build a room cue**

Choose one repeatable cue that says you are safe with yourself: a lamp, a playlist, a walk route, fresh sheets, or a notebook opened at the same time each day.