

# How to Change Your Mind

by Michael Pollan

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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

<sup>01</sup> **Map one rigid story**         
Write down one identity sentence you repeat under stress, then list three alternative explanations that are also plausible.

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<sup>02</sup> **Design a safer setting**         
For one hard conversation or reflection session, change the container: choose a calm room, remove interruptions, set an intention, and plan aftercare.

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<sup>03</sup> **Practice awe without substances**         
Spend 20 minutes with music, nature, art, or a night sky. Notice what happens when attention gets larger than self-talk.

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<sup>04</sup> **Integrate one insight**         
Convert a meaningful realization into one observable behavior you can repeat this week, then tell someone who can help you keep it real.

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<sup>05</sup> **Study before judging**         
Read one serious clinical or historical source on psychedelic therapy and separate evidence, hype, fear, and unresolved risk into four columns.