

How to Not Die Alone

by Logan Ury

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 **Name your dating tendency** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Identify whether you most often romanticize, maximize, hesitate, or chase spark.

MON TUE WED THU FRI SAT SUN

☐ ⁰² **Define three must-haves** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Write the three traits that matter in daily life, not just on paper.

MON TUE WED THU FRI SAT SUN

☐ ⁰³ **Design a better date** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Choose an activity that reveals conversation, kindness, flexibility, or follow-through.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁴ **Prepare second-date criteria** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Decide what would make a second date worth trying before the first date happens.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁵ **Write one clear boundary** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Name a non-negotiable that protects your future relationship health.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁶ **Ask one real-life question** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Ask about an ordinary Tuesday, conflict, family, money, rest, or friendship.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁷ **Notice consistency** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Record what the person actually did, not only how the date felt.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁸ **Try a second date when appropriate** ☐ ☐ ☐ ☐ ☐ ☐ ☐

If there is respect and curiosity but no instant fireworks, give it one more data point.