

It's Not Supposed to Be This Way

by Lysa TerKeurst

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 the Unedited Sentence**

Before praying polished words, write one sentence that starts with: 'This is not what I thought would happen because...' Let the first draft be fully honest.

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⁰² **Name the Specific Shard**

Choose one part of the disappointment: the loss, the delay, the betrayal, or the loss of control. Do not try to process the whole wreckage at once.

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⁰³ **Bring One Person In**

Tell a safe person the truth without asking them to fix it. Use the prompt: 'I do not need advice yet; I need witness.'

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⁰⁴ **Practice a Two-Clause Prayer**

Pray both clauses without resolving them: 'God, this hurts, and I believe You are here.' Repeat until both parts can occupy the same room.

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⁰⁵ **Choose the Next Faithful Inch**

Pick one action that belongs to today: make the call, rest, set the boundary, attend the appointment, or ask for help. Leave the full explanation for later.