

# Learned Optimism

by Martin E. P. Seligman

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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>

## Circle the Three Ps

      

After the next setback, write the sentence your mind says. Circle any permanent words, pervasive words, and personal blame. Replace each with a more accurate phrase.

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 <sup>02</sup>

## Run One ABCDE Page

      

Make five headings: Adversity, Belief, Consequence, Disputation, Energization. Fill one line under each before making a decision from the mood.

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 <sup>03</sup>

## Change Always to This Time

      

For one day, catch every always, never, and everything in your self-talk. Translate it into this time, lately, or in this situation.

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 <sup>04</sup>

## Ask the Usefulness Test

      

When a belief feels true, ask whether it is useful. If it drains action without adding information, rewrite it until it points to one next move.

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 <sup>05</sup>

## Keep a Counterevidence File

      

Start a note titled Evidence I Forget Under Stress. Add three examples of recovery, effort, help, or progress. Read it before believing a bad forecast.