

# Lost Connections

by Johann Hari

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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> **Make one unperformed contact**

Ask one safe person for a walk, call, or meal where you do not report achievements. Tell one honest sentence you usually edit out.

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<sup>02</sup> **Audit one junk value**

Write down the metric that has been quietly running your week: status, money, appearance, approval, productivity. Replace it with one value that still matters unseen.

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<sup>03</sup> **Take a living-world appointment**

Spend fifteen minutes outside on the same route for seven days. Notice one changing living thing each time, without turning it into content.

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<sup>04</sup> **Create a small future**

Choose a ten-day promise that future-you can believe in: a repeated practice, a repaired conversation, or a useful contribution with visible proof.

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<sup>05</sup> **Find one pocket of agency at work**

Pick a task you usually resent and define one standard, boundary, or improvement that belongs to you from start to finish.

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<sup>06</sup> **Move shame toward witness**

Choose a safe container: therapist, group, trusted person, or private written account. Tell the truth at the speed your body can handle.