

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

01 Write the kinder sentence

☐ ⁰² **Meet one physical need**

03 Make a small amends

04 Practice soft attention

☐ 05 **Name shared humanity**

☐ ⁰⁶ **Lower the inner volume**

☐ ⁰⁷ Choose one boundary kindly

08 Collect a warmth cue