

Men Are from Mars, Women Are from Venus

by John Gray

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 **Ask listening or solving**

The next time your partner vents, ask: 'Do you want me to listen, help solve, or just stay close?' Then honor the answer for ten minutes.

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⁰² **Create a return-from-space ritual**

If one of you needs quiet, agree on a return time and a reconnection phrase so space does not feel like disappearance.

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⁰³ **Make three specific deposits**

Name one thing you appreciated, complete one small follow-through, and offer one unasked assist within the next 48 hours.

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⁰⁴ **Replace one hint with a clean request**

Turn a complaint or indirect wish into one direct sentence: 'Would you be willing to...?' Keep it concrete and doable.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Translate before reacting**

When a message stings, write the most generous possible translation before replying. Respond to that version first.