

Mindsight: The New Science of Personal Transformation

by Daniel J. Siegel

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 **Name the current state**
Say: 'A part of me feels ____' before reacting.

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MON TUE WED THU FRI SAT SUN

☐ ⁰² **Map body thought feeling**
Write one body cue, one thought, and one emotion.

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MON TUE WED THU FRI SAT SUN

☐ ⁰³ **Use the wheel pause**
Spend one minute noticing senses, body, thoughts, and connection.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁴ **Link a memory gently**
Ask what earlier experience this state may be touching.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁵ **Choose a response**
Pick one action that protects both truth and connection.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁶ **Track rigidity or chaos**
Notice whether you are stuck, flooded, or flexible today.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁷ **Repair after rupture**
Name your part in one strained interaction without collapsing into shame.

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