

Notes on a Nervous Planet

by Matt Haig

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 **Audit your anxiety inputs**

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List the apps, news sources, feeds, and notifications that reliably make your body tighten.

MON TUE WED THU FRI SAT SUN

☐ ⁰² **Create a morning membrane**

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Protect the first 30 minutes of the day from news, feeds, inbox, and algorithmic comparison.

MON TUE WED THU FRI SAT SUN

☐ ⁰³ **Choose one slower input**

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Replace one reactive feed with a book, walk, long article, or offline conversation.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁴ **Set a crisis boundary**

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Define what counts as important enough to interrupt rest, and what can wait until a chosen check-in time.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁵ **Check the body before the feed**

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Before opening a high-noise app, notice breath, shoulders, jaw, and urgency.

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☐ ⁰⁶ **Take one analog minute**

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Spend one minute looking at a real object, sky, plant, street, or room without multitasking.

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☐ ⁰⁷ **End with a nervous-system receipt**

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Write one input that cost you calm and one input that returned you to yourself.