

Option B

by Sheryl Sandberg, Adam Grant

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 **Edit One 3P Thought**

Write the hardest sentence in your head. Label whether it is personalization, pervasiveness, or permanence, then rewrite it with narrower evidence.

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⁰² **Make One Specific Ask**

Replace I need help with a concrete request: a walk, a meal, a ride, a check-in, or quiet company at a specific time.

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⁰³ **Offer Practical Presence**

If someone else is hurting, skip advice and offer one useful action you can actually do this week.

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⁰⁴ **Protect One Unbroken Room**

Choose one part of life the loss does not get to take today: sleep, friendship, work, movement, or a small ritual.

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⁰⁵ **Collect Evidence of Change**

At the end of the day, write one moment that felt even one percent different from yesterday.