

Present Over Perfect

by Shauna Niequist

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 **Replace one proving ritual with one presence ritual**

Choose a daily reflex that exists mostly to manage image: inbox checking, over-polishing, performative posting, unnecessary prep. Replace it for seven days with a walk, silence, prayer, or an unhurried meal.

MON TUE WED THU FRI SAT SUN

⁰² **Practice an undivided 20 minutes**

Give one person twenty minutes with no phone, no multitasking, and no mental rehearsal of your next task. The goal is not a perfect conversation; it is practicing the muscle of being fully here.

MON TUE WED THU FRI SAT SUN

⁰³ **Write your sacred yes before your next yes**

Before accepting a request, write the one thing you are protecting this season: family dinner, recovery, prayer, creative work, health. If the new yes steals from it, decline or renegotiate.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Create a one-evening white-space block**

Leave one evening empty this week and resist filling it when anxiety appears. Let the discomfort teach you what busyness has been helping you avoid.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Host a low-performance table**

Invite someone for a simple meal where the point is presence, not impressiveness. Make the food easy enough that you can still be emotionally available when they arrive.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Ask what would remain if achievement got quiet**

Journal for ten minutes on this question: who am I when I am not useful, admired, needed, or ahead? Circle the answer that feels both scary and relieving, then build one tiny practice around it.