

# Radical Acceptance

by Tara Brach

---

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

<sup>01</sup> **Run a three-minute RAIN check**

Pause when a strong emotion appears. Recognize it, allow it for one breath, investigate where it lives in the body, then offer one nurturing phrase.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Translate one harsh headline**

Write the critic's sentence exactly as it sounds. Under it, write a more accepting sentence that still tells the truth without exile.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Practice the sacred pause**

Before answering a text, email, or conflict, feel your feet and take one full breath. Let the body arrive before the personality performs.

MON TUE WED THU FRI SAT SUN

<sup>04</sup> **Offer a hand-to-heart response**

When shame or fear spikes, place a hand where the body feels tight and say: this belongs too; I am here with you.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Ask what wants care**

Instead of asking why you are like this, ask what this vulnerable part is protecting and what it needs from you next.