

Radical Compassion

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

☐ ⁰¹ **Do a one-minute RAIN pass**

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Pause during one difficult moment and move through recognize, allow, investigate, and nurture in a single minute.

MON TUE WED THU FRI SAT SUN

☐ ⁰² **Name the weather**

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Use simple labels such as fear, grief, anger, or shame before explaining why the feeling is there.

MON TUE WED THU FRI SAT SUN

☐ ⁰³ **Practice allowing language**

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Say: This is here right now. I do not have to like it to make room for one breath.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁴ **Ask the tender question**

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When you investigate, ask: What does this part most need from me right now?

MON TUE WED THU FRI SAT SUN

☐ ⁰⁵ **Build a care sentence**

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Write one sentence you can say to yourself when shame or fear is loud.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁶ **Locate the body signal**

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Place a hand near the strongest sensation and breathe there for five slow cycles.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁷ **Map a recurring trance**

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Write the common thought loop, the emotion beneath it, and the unmet need it points toward.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁸ **Choose a compassion cue**

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Pair RAIN with a daily trigger such as washing hands, closing the laptop, or getting into bed.