

Running on Empty

by Jonice Webb, Christine Musello

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 **Run the three-question check**

Once today, stop and write: What am I feeling? Why might I be feeling it? What do I need right now? Keep it to three honest sentences.

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⁰² **Name one body signal**

Pick one physical cue, like tight chest, heavy arms, clenched jaw, or numbness. Treat it as a clue instead of an inconvenience.

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⁰³ **Validate before fixing**

When a feeling appears, say: 'This makes sense because...' before you offer advice, correction, or a productivity move.

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⁰⁴ **Ask for clean witnessing**

Tell one safe person: 'I do not need advice, but I would like you to know this mattered to me.' Practice being known without performing.

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⁰⁵ **Write one need-based boundary**

Turn a vague discomfort into a clear sentence: 'I cannot do that today,' 'I need more time,' or 'I want to talk when we can be respectful.'