

The Art of Happiness

by Dalai Lama XIV, Howard C. Cutler

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 compassion interview**

Pick one person who frustrated you today. Ask what pain, fear, or wish might be underneath their behavior before deciding how to respond.

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⁰² **Separate pain from added suffering**

Write one hard fact, then write the story your mind adds to it. Circle only the part you know is true.

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⁰³ **Train one mental habit for 60 seconds**

Choose a recurring thought and rehearse its replacement once a day: kinder, more accurate, and easier to act from.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Send a warmth signal**

Offer one specific message of appreciation, apology, or encouragement. Treat connection as a practice, not a mood.