

The Book of Joy

by Dalai Lama XIV

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 **Choose one joy pillar** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Pick one practice for the week: perspective, humility, humor, acceptance, forgiveness, gratitude, compassion, or generosity.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰² **Create a suffering reframe** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Write one current difficulty, then add a wider frame: what it teaches, whom it connects you to, or what value it asks for.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰³ **Prepare a gratitude cue** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Choose a daily trigger, such as brushing teeth or closing the laptop, for naming three specific gifts from the day.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁴ **Plan one generous act** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Choose a concrete act of care that costs little but reduces someone else's burden this week.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁵ **Name shared humanity** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- When irritated by someone today, silently name one pressure or vulnerability they may share with you.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁶ **Collect one moment of humor** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Notice one absurd, light, or gently funny moment. Let it soften the day without denying what is hard.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁷ **End with three gifts** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Before sleep, name three specific things that helped, delighted, protected, or taught you today.