

The Boy, the Mole, the Fox and the Horse

by Charlie Mackesy

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 **Ask the boy's question**

Before giving advice today, ask one honest question you do not already know the answer to. Let curiosity lead longer than certainty.

MON TUE WED THU FRI SAT SUN

⁰² **Offer mole-sized comfort**

Do one small, tangible kindness: make tea, bring food, send a warm message, or sit beside someone without trying to fix them.

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⁰³ **Let the fox speak safely**

Tell one trusted person a true sentence you usually hide. Keep it small enough to say and honest enough to matter.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Take the horse step**

Pick the next doable action, not the whole life plan. Write it down, do it slowly, and count it as courage.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Underline kindness in public**

When someone is gentle, brave, or honest, name it out loud. Make the good easier to notice.