

The Comfort Book

by Matt Haig

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 Make a one-line comfort card

Write one sentence you can believe today. Keep it small enough to fit on a receipt, a notes app, or the inside of your pocket.

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02 Inventory five ordinary proofs

List five humble things that still make life more bearable: a drink, a sound, a person, a place, a texture, a memory.

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03 Shrink the scale

When the whole life feels impossible, reduce the question to this hour. When the hour feels impossible, reduce it to the next breath.

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04 Let both things be true

Finish this sentence without forcing a resolution: 'I can be ___ and still ___.' Let contradiction become room instead of conflict.

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05 Send one plain signal

Text someone a low-pressure line: 'Thinking of you. No need to reply fast.' Comfort often becomes stronger when it moves between people.