

The Five People You Meet in Heaven

by Mitch Albom

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

☐ ⁰¹ **Map five threads**
List five people who changed your direction.

MON TUE WED THU FRI SAT SUN

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☐ ⁰² **Name one hidden gift**
Write a benefit you did not understand at the time.

MON TUE WED THU FRI SAT SUN

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☐ ⁰³ **Choose one repair**
Pick a relationship that needs recognition or release.

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☐ ⁰⁴ **Find a small consequence**
Recall a tiny action that mattered later.

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☐ ⁰⁵ **Send one thank-you**
Tell someone what their presence changed.

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☐ ⁰⁶ **Practice late compassion**
Rewrite one memory with more context.

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☐ ⁰⁷ **Notice ordinary impact**
Record one way your action affected someone today.

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☐ ⁰⁸ **Release one old debt**
Name what can be set down now.

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