

The Game of Life and How to Play It

by Florence Scovel Shinn

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

☐ ⁰¹ **Catch the fear sentence**
Write the exact line your mind keeps repeating.

MON TUE WED THU FRI SAT SUN

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☐ ⁰² **Choose a cleaner sentence**
Replace panic language with a sentence that supports action.

MON TUE WED THU FRI SAT SUN

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☐ ⁰³ **Tie words to a move**
Pair every affirmation with one visible next step.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁴ **Name what to release**
Write what you cannot force without damaging your peace.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁵ **Speak before spiraling**
Use your chosen sentence before checking, texting, or reacting.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁶ **Act from the sentence**
Do one action that proves the new sentence is operational.

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☐ ⁰⁷ **Thank before proof**
Name one existing piece of evidence for enoughness or support.

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☐ ⁰⁸ **Stop disaster rehearsal**
When you imagine the worst, write the next useful task instead.

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