

The Gift: 12 Lessons to Save Your Life

by Edith Eger

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 **Name the prison**
Write the thought or story that still has the key.

☐☐☐☐☐☐☐☐

MON TUE WED THU FRI SAT SUN

☐ ⁰² **Choose the available response**
List one choice you can make without anyone else changing first.

☐☐☐☐☐☐☐☐

MON TUE WED THU FRI SAT SUN

☐ ⁰³ **Write the lesson**
Turn a regret into one sentence of learning or repair.

☐☐☐☐☐☐☐☐

MON TUE WED THU FRI SAT SUN

☐ ⁰⁴ **Find safe support**
Identify one person, practice, or place that helps you stay present.

☐☐☐☐☐☐☐☐

MON TUE WED THU FRI SAT SUN

☐ ⁰⁵ **Return to the room**
Name five present facts when fear starts forecasting.

☐☐☐☐☐☐☐☐

MON TUE WED THU FRI SAT SUN

☐ ⁰⁶ **Release the trial**
Stop one replay after extracting the useful lesson.

☐☐☐☐☐☐☐☐

MON TUE WED THU FRI SAT SUN

☐ ⁰⁷ **Choose one freer act**
Do something small that belongs to the life you still want.

☐☐☐☐☐☐☐☐

MON TUE WED THU FRI SAT SUN