

The Good Life

by Robert Waldinger, Marc Schulz

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 five-name social map**

Write down five people who shape your daily or weekly emotional climate. Mark each tie as warm, quiet, or strained, then choose one to tend this week.

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⁰² **Send one specific bid**

Do not send a vague catch-up promise. Send a concrete sentence: a memory, a thank-you, an invitation, or a question that proves you were paying attention.

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⁰³ **Repair one small rupture**

Choose a relationship where the tension is still workable. Lead with ownership, ask one clean question, and listen before explaining your side.

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⁰⁴ **Install a recurring ritual**

Put one repeatable connection rep on the calendar: a walk, call, lunch, class, volunteer shift, or Sunday check-in that does not depend on mood.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Become a regular somewhere**

Pick one place where recognition can accumulate: the same cafe, gym class, library group, neighborhood walk, or service project. Belonging grows through repeated presence.