

The Happiness Equation

by Neil Pasricha

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

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01

Cut one want

Name one expectation you can loosen without abandoning ambition.

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02

Pick one action

Choose a useful action small enough to start before confidence arrives.

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03

Identify comparison noise

List the sources that make your life feel behind.

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04

Write your inner scorecard

Define what makes today worthwhile without external applause.

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05

Act before checking

Do one meaningful task before opening metrics, feeds, or inboxes.

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06

Practice enough

Say what would be enough for the next hour before seeking more.

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07

Reduce one input

Mute, remove or delay one comparison source for the day.

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08

Use a formula

Turn a stressful choice into a simple equation before deciding.

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