

The Happiness Project

by Gretchen Rubin

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 **Clear One Visible Surface**

Choose a shelf, drawer, desk corner, or nightstand and restore order in ten minutes. Stop while the win is still clean.

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⁰² **Write A Monthly Theme**

Name the one life area that most needs attention this month, then write three behaviors that would prove you meant it.

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⁰³ **Send One Proof Of Love**

Make affection observable: a specific thank-you, a warm greeting, a handled errand, or a note that makes someone feel remembered.

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⁰⁴ **Act How You Want To Feel**

Pick the mood you want more of and perform one matching action for five minutes before deciding whether the day is stuck.

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⁰⁵ **Spend Out One Saved Thing**

Use the nice notebook, candle, tea, stationery, or idea you keep saving for later. Let good things serve your real life now.

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⁰⁶ **Close The Day With Evidence**

Before bed, write one concrete thing that made today better and one tiny resolution that will make tomorrow easier to begin.