

# The Headspace Guide to Meditation & Mindfulness

by Andy Puddicombe

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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 Take ten minutes before inputs**

Sit before opening your phone. Let the breath be the first thing that gets your attention today, not a feed or inbox.

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**02 Name one recurring weather pattern**

During practice, label the dominant visitor with one plain word: planning, judging, replaying, resisting, or worrying.

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**03 Practice the soft return**

When you notice you have wandered, drop the self-critique and come back like you would guide a distracted child: clear, warm, brief.

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**04 Use the blue sky check**

At midday, ask: what is cloud, and what is sky? Let that question create a few inches of space before the next reaction.

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**05 Carry one breath into a chore**

Pick brushing teeth, washing a cup, or closing a door. Feel one full breath while doing it to move mindfulness into ordinary life.