

# The Healthy Mind Toolkit

by Alice Boyes

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 sabotage mode**

When you feel stuck, label the pattern in one sentence: rumination, avoidance, self-criticism, over-control, or approval management. Naming it creates distance.

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**02 Find the protected need**

Ask what the pattern is trying to protect: certainty, comfort, status, approval, identity, or control. Keep the need visible while changing the behavior.

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**03 Flip one extreme trait**

Choose one trait that causes trouble under stress and write its upside. Then define the boundary that lets you use the upside without the trap.

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**04 Run a seven-minute exposure**

Open the avoided task and work for seven minutes with permission to stop. The point is contact, not completion.

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**05 Use self-care before analysis**

Before solving a hard problem, do one stabilizing action: eat, walk, sleep, tidy the workspace, ask for help, or remove a distraction.

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**06 Replace the verdict with data**

Convert a self-critical sentence into a neutral observation plus one next step. Behavior can be edited; identity does not need to be sentenced.