

The Joy of Missing Out

by Tanya Dalton

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 **Write a Permission-to-Miss List**

Name three things you are allowed to miss this week: one digital, one social, and one obligation that exists mostly because you fear being absent.

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⁰² **Keep One Moment Unpublished**

Choose one beautiful or meaningful moment and do not turn it into content. Let it stay private long enough to become yours before it becomes anyone else's impression.

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⁰³ **Replace a Check With a Return**

When you reach for a reflexive check, return to the room instead. Name five visible details, one sound, and one sensation in your body.

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⁰⁴ **Decline One Respectable Distraction**

Say no to one good-but-not-true invitation. Keep the explanation short and spend the recovered time on rest, craft, prayer, movement, or a real conversation.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Create a No-Audience Ritual**

Build a 20-minute ritual that produces no output: tea on the porch, a walk, stretching, reading, sketching, or sitting outside without tracking it.

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⁰⁶ **Audit the Urgency Sources**

List the apps, people, and habits that make everything feel immediate. Remove one notification, mute one thread, and move one app away from your thumb.