

The Light We Carry

by Michelle Obama

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

Build a smallness list

Write five tasks that make a large problem human-sized.

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02

Name your table

List the people who help you stay honest, brave, and rooted.

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03

Choose a grounding ritual

Pick a breath, phrase, walk, or object that steadies visibility.

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04

Pack one portable tool

Choose one practice you can use in any uncertain room.

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05

Send a real update

Tell a trusted person what is actually happening, not just the polished version.

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06

Shrink today's problem

Complete the smallest meaningful piece instead of staring at the whole mountain.

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07

Practice public grounding

Before a visible moment, notice your feet and name your value.

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08

Offer one kind repair

Use kindness to reduce hardness in one interaction.

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