

The Midnight Library

by Matt Haig

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 regret you keep rehearsing**

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Write the exact sentence your mind repeats, then mark whether it is fact, fantasy, or unfinished grief.

MON TUE WED THU FRI SAT SUN

☐ ⁰² **List the hidden costs of the alternate life**

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For one path you romanticize, write three ordinary burdens it would also contain.

MON TUE WED THU FRI SAT SUN

☐ ⁰³ **Choose one life-giving thread**

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Pick one relationship, routine, place, or craft that makes this life more inhabitable.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁴ **Make a no-audit window**

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Block one hour where you are not allowed to compare your life to another possible life.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁵ **Do one staying act**

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Take a tiny action that invests in your current life: reply, clean, walk, practice, repair, or rest.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁶ **Catch the perfect-life fantasy**

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When comparison starts, ask: what daily inconvenience am I deleting from this fantasy?

MON TUE WED THU FRI SAT SUN

☐ ⁰⁷ **Record evidence of aliveness**

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At night, write one moment that made today worth keeping, even if the day was hard.