ACTION CHECKLIST

The Mindful Way through Depression: Freeing Yourself from Chronic Unhappiness

by J. Mark G. Williams

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 **List early signs**

Write three signals that a depressive loop may be forming.

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☐ 02 **Choose an anchor**

Pick breath, feet, hands, or sound as your return point.

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☐ 03 **Write a kind action menu**

List five actions that take under five minutes.

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☐ 04 **Prepare a thought label**

Choose a phrase like thinking, judging, or remembering.

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☐ 05 **Do a three-minute breathing space**

Pause once daily and notice body, breath, and mood.

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☐ 06 **Label rumination**

When the loop starts, name it without debating it.

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☐ 07 **Return to sensation**

Describe one body sensation in neutral terms.