

# The Miracle of Mindfulness

by Thich Nhat Hanh

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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

<sup>01</sup> **Do one task with both hands and no second screen**

Pick dishes, tea, folding laundry, or wiping a counter. For three minutes, let the sensations of the task be the whole practice.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Use one breath before each transition**

Before opening a door, answering a message, starting the car, or joining a call, take one conscious inhale and exhale. Let the next moment begin cleanly.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Walk ten steps as arrival**

During an ordinary walk, feel ten complete steps from heel to toe. Do not use them to get somewhere. Use them to notice that you are already here.

MON TUE WED THU FRI SAT SUN

<sup>04</sup> **Turn a daily irritation into a bell**

Choose one recurring interruption: a red light, notification, waiting line, or kettle. Let it become a cue to soften the body and return to the breath.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **End the day with three present-tense lines**

Write three sentences beginning with Today I noticed. Keep them concrete: warmth, sound, face, light, water, or breath. Train the mind to collect presence.