

The Mountain Is You

by Brianna Wiest

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 protection**

Choose one repeating sabotage pattern and write: This is trying to protect me from _____. Fill the blank before planning a fix.

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⁰² **Make the promise smaller**

Replace a dramatic identity goal with one 12-minute proof today. The body trusts completed evidence more than intensity.

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⁰³ **Ask what the emotion knows**

When a trigger hits, label the feeling and ask whether it points to a boundary, a desire, a grief, or a truth you keep postponing.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Retire one old job**

Thank an old coping strategy for how it helped you survive, then assign it a cleaner role: signal, pause, protect, or prepare.