

The Places That Scare You

by Pema Chödrön

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

☐ ⁰¹ **Name the edge**
Identify the situation that makes your heart close.

MON TUE WED THU FRI SAT SUN

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☐ ⁰² **Choose a ground cue**
Pick feet, breath, or hands as the place to return.

MON TUE WED THU FRI SAT SUN

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☐ ⁰³ **Write the shared-human version**
Translate personal shame into common human pain.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁴ **Define one kind action**
Choose the next action that keeps the heart open.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁵ **Take three breaths**
Pause inside fear before deciding what it means.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁶ **Soften the body**
Release jaw, shoulders, or hands during conflict.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁷ **Stay with tenderness**
Let one feeling exist without immediate repair.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁸ **Interrupt blame**
Ask what hurt is under the accusation.

MON TUE WED THU FRI SAT SUN

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