

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

01 Find a transition Choose one beginning, ending, or milestone that currently passes without attention.

☐ ⁰² **Name the emotional job** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Decide whether the moment needs welcome, pride, insight, comfort, or connection.

☐ ⁰³ **Break the script** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Add one unexpected detail that signals this is not routine.

04 Create a keepsake line □ □ □ □ □ □ □

Write a sentence people can repeat after the moment ends.

Spotlight contribution □ □ □ □ □ □ □

Name the specific behavior or person that made progress possible.

☐ **06 Make insight visible** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Use a contrast, demonstration, or question that lets the truth land.

☐ ⁰⁷ **Invite shared meaning** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Let participants say what the moment represents to them.