

The Things You Can See Only When You Slow Down

by Haemin Sunim

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 **Begin with one unclaimed minute**

Before opening your phone or inbox, sit with both feet on the floor and take ten slow breaths. Let the day start from presence instead of reaction.

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⁰² **Ask what speed is hiding**

When you feel rushed, write one sentence: If I slowed down, I might notice... Use the answer to separate real urgency from mental noise.

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⁰³ **Practice a soft reply**

In one tense conversation this week, pause long enough to feel your body before answering. Aim for a sentence that is true without being sharp.

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⁰⁴ **Make beauty measurable**

Choose one ordinary detail each day: steam, light, a tree, a cup, a face. Give it thirty seconds of complete attention.

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⁰⁵ **End the day without judging it**

At night, name one thing you handled, one thing you felt, and one thing you can release until tomorrow.