

The Upward Spiral

by Alex Korb

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 **Make one reversible decision**

Choose the next small action before your mood has finished debating it: reply, stand up, open the document, take the walk, or set the appointment.

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⁰² **Pair movement with daylight**

Step outside for seven minutes in the morning or early afternoon. Treat light and motion as brain inputs, not a fitness performance.

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⁰³ **Write the gratitude evidence**

Name one good thing that is specifically true today, then write why it happened. The specificity trains the brain to search for usable reward.

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⁰⁴ **Send a low-demand social signal**

Message one safe person with something simple and answerable. Connection works best when it is repeatable, not emotionally expensive.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Protect one sleep cue**

Pick a single cue tonight: same shutdown time, dimmer light, phone out of reach, or tomorrow's clothes ready. Make the clock easier to trust.