

The Wisdom of Insecurity

by Alan Watts

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 **Interrupt the future contract**

When anxiety says you can relax only after a future condition is met, write the condition down and choose one present action that does not need that guarantee.

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⁰² **Return through the senses**

Spend two minutes naming direct sensations: temperature, weight, sound, color, breath. Let perception outrank commentary.

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⁰³ **Do one complete act**

Pick a small ordinary activity and refuse to use it as a means to self-improvement. Wash the cup, walk the block, or drink tea as a full event.

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⁰⁴ **Loosen the identity sentence**

Notice one rigid phrase about yourself, then rewrite it as a current process: not I am anxious, but anxiety is moving through me right now.

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⁰⁵ **Practice not knowing cleanly**

Leave one unresolved question unresolved for an hour. Do the next concrete thing while allowing uncertainty to remain present.