

Think Like a Monk

by Jay Shetty

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 **Run a Borrowed Voice Audit**

Write one recurring thought that sounds like pressure. Label whether it came from family, culture, comparison, fear, or status. Then write the value you would choose without that noise.

MON TUE WED THU FRI SAT SUN

⁰² **Practice One Detachment Rep**

Before an important task, name the intention, the effort you control, and the result you do not. Act fully, then review the process instead of your worth.

MON TUE WED THU FRI SAT SUN

⁰³ **Build a Three-Line Dharma Map**

List one thing you are good at, one activity that gives you energy, and one real need around you. Look for the smallest overlap you can serve this week.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Take the Monk Pause**

Once today, when you feel triggered, take three slow breaths before responding. Ask: what would my values do if they answered first?

MON TUE WED THU FRI SAT SUN

⁰⁵ **Turn Gratitude Into Service**

Thank one person with specificity, then do one concrete thing that removes friction from someone else day. Make the inner work visible through usefulness.