

# Tiny Beautiful Things

by Cheryl Strayed

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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

<sup>01</sup> **Write the unsent letter**

Take ten minutes to write the letter you wish you could send. Do not perform wisdom. Tell the plain truth first.

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<sup>02</sup> **Find the brave inch**

Choose one tiny action that agrees with the truth you already know: a call, an apology, a boundary, a question, or a departure.

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<sup>03</sup> **Answer yourself as Sugar**

Reply to your own problem with three paragraphs: witness the pain, name the truth, prescribe one merciful next move.

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<sup>04</sup> **Trade shame for a witness**

Tell one trustworthy person the sentence you keep hiding. Ask them to listen before they advise.

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<sup>05</sup> **Keep a beautiful-things list**

For one week, record one small thing that did not fix your life but made staying present easier.