

# Tuesdays with Morrie

by Mitch Albom

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> **Schedule one real Tuesday**

Create a recurring half-hour appointment with someone who matters. No multitasking, no performance, no catching up as a transaction. Let presence be the whole agenda.

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<sup>02</sup> **Write the deathbed edit**

List five things currently taking your attention. Circle the ones you would still defend from a hospital bed, then remove or shrink one that would clearly not survive that test.

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<sup>03</sup> **Let love come in**

Ask for one concrete form of help this week: a ride, a review, a meal, a listening ear. Notice where receiving care feels harder than giving it.

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<sup>04</sup> **Reject one borrowed script**

Name a cultural rule you have been obeying without consent, such as always being busy or proving worth through work. Replace it with a smaller rule you actually believe.

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<sup>05</sup> **Send the unfinished sentence**

Choose one apology, thank-you, blessing, or repair you keep postponing. Send the first honest sentence, even if the whole conversation cannot happen yet.