

Waking Up

by Sam Harris

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 **Look For The Looker**

For one minute, rest attention on breath or sound. Then turn attention toward the one who seems to be observing. Record whether you find an observer, or only more sensations and thoughts.

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⁰² **Tag Thoughts As Known**

When a thought appears today, silently say known. Do not complete the argument, improve the thought, or push it away. Watch how quickly another appearance replaces it.

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⁰³ **Listen Without A Listener**

Spend thirty seconds with ambient sound. Let hearing fill the whole field and check whether sound is happening to someone, or simply happening.

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⁰⁴ **Separate Pain From Biography**

When discomfort arises, name the raw components first: pressure, heat, tightness, pulsing. Add the personal story only after the sensation has been clearly seen.

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⁰⁵ **Practice One Ethical Pause**

Before a defensive reply, feel the body, notice the self-protective story, and answer from the wider field. Make compassion the test of whether insight is becoming useful.