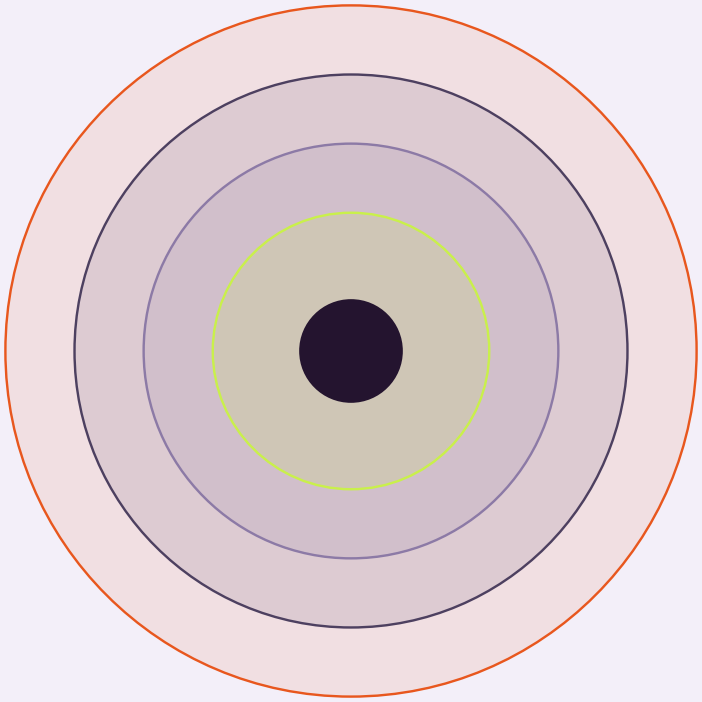


What Happened Yesterday

A reading of the book by Matt Sturniolo (2026)

1. ACTION BOOK

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ABOUT THIS EDITION

This is HourLife's reading of What Happened Yesterday, in our own words. It is not a substitute for the book.

BEFORE YOU START 01

The book in a minute

Matt Sturniolo is a YouTuber and one third of the Sturniolo Triplets, and this prose memoir is his first book. It follows the anxiety he has lived with since childhood, from a panic attack as a kid to sitting in therapy sessions he did not always understand and getting used to sudden fame online. Alongside that run bigger losses: a fire that destroyed his childhood home and the death of his grandfather. He tells it with dark humour and plain honesty, and he says clearly that it is not a sob story. Its point is that progress is often small, like standing in a shop queue alone or getting through a whole school day. The title comes from his mother's advice that what went wrong yesterday should not run today.

Below are the 9 ideas HourLife readers vote up most, each in our words with a note on what it asks of you, and then the steps that put them to work.

WHAT READERS KEEP

The takeaways

1 HOURLIFE TAKEAWAY

Progress can be as small as standing in a queue on your own.

The book counts wins most people never notice: waiting alone in a supermarket queue, or getting through a full school day without leaving. For someone with strong anxiety those are real milestones. Counting them is what makes the next one possible.

2 HOURLIFE TAKEAWAY

What went wrong yesterday does not get to run today.

The title comes from his mother's advice: yesterday's trouble should stay in yesterday. Mistakes and painful days stop being a verdict on you and become things that simply happened. You can learn from them without carrying them into the morning.

3 HOURLIFE TAKEAWAY

The person on camera is never the whole person.

Viewers know Matt from fast, loud videos with his brothers. The book shows what the videos left out: the anxiety, the therapy, the days that went badly. It is a useful reminder whenever you compare your inside with someone else's outside.

4 HOURLIFE TAKEAWAY

Knowing where you can go to calm down is a skill, not a weakness.

He describes a first panic attack as a kid, in a restaurant after a Little League game, when he could not find a bathroom. For years afterwards he looked for a bathroom wherever he went, as a place to catch his breath. Knowing where your exit is can be what lets you walk in at all.

5 HOURLIFE TAKEAWAY

Therapy can feel confusing and still be worth staying in.

He is open that some of his therapy sessions left him puzzled rather than fixed. The book still treats getting help as normal, even for someone people watch online. Feeling lost in a session is not proof that it is failing.

6 HOURLIFE TAKEAWAY

Saying the private part out loud takes some of its weight away.

The memoir does not hide what is usually kept quiet: the panic, the therapy, the days that did not go well. Putting the hard part in plain view makes it something you can talk about, instead of something you guard.

7 HOURLIFE TAKEAWAY

Dark humour can be a way of telling the truth, not dodging it.

He writes about hard things with jokes, and the jokes do not shrink them. Humour lets him stay with a memory long enough to tell it honestly. It can do the same for you when a story is too heavy to say straight.

8 HOURLIFE TAKEAWAY

Big losses and everyday fears can sit in the same life without being ranked.

The book holds a house fire that destroyed his childhood home and the death of his grandfather next to small daily battles like learning to drive. One does not cancel the other. You are allowed to find both hard.

9 HOURLIFE TAKEAWAY

A hard story does not have to be told as a sad one.

He says plainly that this is not a sob story. The same events could be told as a complaint, but he tells them as a record of getting through. How you tell your own story changes what it does to you.

PUT IT TO WORK

Your action book

Do the setup steps once, then keep the habits going. The setup changes your week; the habits keep it changed after the first good one.

The download puts this whole reading and a printable action book in one PDF: the setup checklist, then a page of real calendar days for each habit, starting on the day you choose.

SET UP ONCE

- [ ] List your last month's small wins
- [ ] Write your own yesterday line
- [ ] Know your calm spot before you go
- [ ] Shrink one thing you have been avoiding
- [ ] Book one conversation about how you feel

KEEP UP DAILY

- ◯ File yesterday in one line
- ◯ Count the small win before bed
- ◯ Tell one true thing a week

30 days · Nov 11 - Dec 10, 2026

Part two, after the reading, prints each of these as a page to fill in by hand.

THE LAST WORD

Before you go

Pick one step from the action book and do it today. An idea from a book starts to count once it changes what one ordinary day looks like.

PART TWO

The action book

Change the setup once, then keep it up. 5 setup actions to do once, and 3 habits to mark each day for 30 days.

Nov 11 - Dec 10, 2026

Print it, or write on it in any PDF app.

SET UP ONCE

The setup checklist

Each of these is done once. Do one a day, and check it off when it is done.

☐ SETUP 1

List your last month's small wins

Write down three things from the past month that were harder for you than they look from outside.

A phone call, a queue, a class you stayed in. Keep the list where you will see it.

MY VERSION

DONE ON

☐ SETUP 2

Write your own yesterday line

Put the idea behind the title in your own words, in one short sentence you would actually say to yourself.

Save it as your phone's lock screen or on a note by the bed.

MY VERSION

DONE ON

☐ SETUP 3

Know your calm spot before you go

Pick one place you often avoid because it makes you anxious.

Before you next go, decide where you could step away for two minutes if you needed to, then go anyway.

MY VERSION

DONE ON

☐ SETUP 4

Shrink one thing you have been avoiding

Choose one everyday task you keep putting off and write a smaller first version of it.

Buying one item instead of a full shop. Driving round the block instead of across town. Do the small version this week.

MY VERSION

DONE ON

☐ SETUP 5

Book one conversation about how you feel

If anxiety is shaping your days, make one appointment with a doctor, counsellor or school or work support service this week.

If it feels confusing at first, go back at least once more before you decide.

MY VERSION

DONE ON

DAILY HABIT 1 OF 3

File yesterday in one line

Each morning, write one line about what happened yesterday that is still bothering you.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
9	10	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○						

December 2026

MON	TUE	WED	THU	FRI	SAT	SUN
	1 ○	2 ○	3 ○	4 ○	5 ○	6 ○
7 ○	8 ○	9 ○	10 ○	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 2 OF 3

Count the small win before bed

Before you sleep, name one thing you did today that took more than it looked.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2	3	4	5	6	7	8
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP

DAILY HABIT 3 OF 3

Tell one true thing a week

Once a week, tell someone you trust one honest thing about how you have been, not just the highlight.

Nov 11 - Dec 10, 2026 · 30 days · circle each day you do it

SMALLEST VERSION

CUE

WHERE

November 2026

MON	TUE	WED	THU	FRI	SAT	SUN
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December 2026

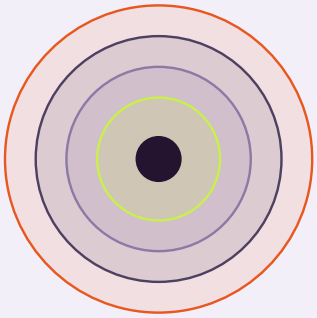
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EACH FRIDAY

WHAT HELPED

WHAT GOT IN THE WAY

ONE CHANGE TO THE SETUP



Yesterday happened. Today only needs one small thing from you.

HOURLIFE NOTE AFTER MATT STURNIOLO