

# When Breath Becomes Air

by Paul Kalanithi

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 a one-page finite attention note**

Name the three people, practices, or responsibilities that would still matter if your timeline shortened. Then protect one of them this week.

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<sup>02</sup> **Ask for truth and hope separately**

In a hard conversation, separate the facts from the wish: what do we know, what remains uncertain, and what can still be loved or chosen?

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<sup>03</sup> **Audit vocation for dignity**

Look at your work and ask whether it serves real people or only proves your worth. Keep one task that serves; cut one task that only performs.

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<sup>04</sup> **Make a bedside hour**

Give someone one hour of undivided presence: no optimizing, fixing, or documenting. Let attention itself become the gift.

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<sup>05</sup> **Turn fear into one exact sentence**

When anxiety goes vague, write the clearest sentence you can about what you fear and what value it is asking you to protect.