

When Things Fall Apart: Heart Advice for Difficult Times

by Pema Chodron

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 **Name the groundless place** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Write what feels uncertain without turning it into a permanent conclusion.

MON TUE WED THU FRI SAT SUN

☐ ⁰² **Choose a staying practice** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Pick one body cue, breath, hand on heart, or posture that helps you remain present.

MON TUE WED THU FRI SAT SUN

☐ ⁰³ **Identify the armor** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Name your default defense: blame, fixing, withdrawing, numbing, or controlling.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁴ **Write a compassion bridge** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Add the sentence: others have felt this too, and I am not alone in it.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁵ **Pause before hardening** ☐ ☐ ☐ ☐ ☐ ☐ ☐

When discomfort appears, take three breaths before defending or escaping.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁶ **Soften one place** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Relax one part of the body while staying with a difficult feeling.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁷ **Offer one kindness** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Do one small kind act from the tender place instead of from performance.