

When You're Ready, This Is How You Heal

by Brianna Wiest

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 today's stage

Choose stabilize, grieve, rebuild, or reopen before deciding what to do.

☐☐☐☐☐☐☐

MON TUE WED THU FRI SAT SUN

☐

02

Create a safety anchor

Pick one object, place, or routine that helps your body settle.

☐☐☐☐☐☐☐

MON TUE WED THU FRI SAT SUN

☐

03

Write the loss plainly

Name what hurt without turning it into a verdict on your future.

☐☐☐☐☐☐☐

MON TUE WED THU FRI SAT SUN

☐

04

Choose a future routine

Select one small recurring behavior that belongs to the life after this.

☐☐☐☐☐☐☐

MON TUE WED THU FRI SAT SUN

☐

05

Do the stage-appropriate move

Take one action that matches today's stage instead of forcing a breakthrough.

☐☐☐☐☐☐☐

MON TUE WED THU FRI SAT SUN

☐

06

Track capacity honestly

Write whether today asked for less, more, or different support.

☐☐☐☐☐☐☐

MON TUE WED THU FRI SAT SUN

☐

07

Let one good thing in

Notice one safe or beautiful moment without arguing it away.

☐☐☐☐☐☐☐