

# Why Has Nobody Told Me This Before?

by Julie Smith

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> **Run a 90-second body reset**

Before fixing the problem, lengthen your exhale, relax your jaw, drop your shoulders, and name three physical sensations. Start by lowering the body's alarm volume.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Label the emotional weather**

Write one sentence that starts: 'This is...' Use a precise label such as anxiety, disappointment, grief, anger, or shame. Naming creates distance without dismissing the feeling.

MON TUE WED THU FRI SAT SUN

<sup>03</sup> **Make the thought stand trial**

Draw two columns: evidence for the thought and evidence it leaves out. Do not force optimism; build a fairer, more complete picture.

MON TUE WED THU FRI SAT SUN

<sup>04</sup> **Choose one action before motivation**

Pick a task so small it almost feels unserious: open the document, walk for two minutes, send the text, clear one dish. Let movement create mood, not the reverse.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Write the kinder accurate sentence**

Replace the inner critic with a sentence that is both compassionate and true. No flattery, no denial, just the tone you would use with someone you love.