

Zen Mind, Beginner's Mind

by Shunryu Suzuki

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 **Sit for five unoptimized minutes**

Set a timer, sit upright, and do not improve the session. Just notice posture, breath, sound, and the urge to make it productive.

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⁰² **Empty one expert assumption**

Before a familiar task, write one sentence that starts with 'I may not already know...' Then do the task from that opening.

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⁰³ **Practice non-gaining on purpose**

Choose one ordinary action, such as washing a cup or answering an email, and do it carefully without turning it into evidence of progress.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Return without drama**

When your attention wanders today, say 'begin again' once and return. Do not scold the wandering; the return is the practice.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Make one clean bow to reality**

At the end of the day, name one thing that happened exactly as it happened, without editing it into praise or blame.