FREE PRINTABLE TOOLKIT

Good Superstition

Every worksheet, checklist and quick-reference page from the book, ready to print.

Blake Tenney

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How to use these pages

These are the worksheets and checklists from *Good Superstition*. Print the ones you need, as often as you need them, and use them alongside the chapter they come from. Each sheet names its chapter at the top.

You can also fill them in on screen: the lines, boxes and tables are form fields. Use a PDF app such as Adobe Acrobat Reader (free) or Preview on a Mac, type your answers, tick the boxes and save. Some phone viewers show the fields but won't save your answers.

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These tools offer general self-help information. They are not medical, psychological or professional advice and are not a substitute for care from a qualified professional.

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WORKSHEET **My Starting Line**

Rate each one from 1 to 10 for this past week, then write one honest line about why. Date it and keep it somewhere you'll find it in three weeks.

Date: _____

Lucky (1 to 10): _____ Why: _____

Calm (1 to 10): _____ Why: _____

Open (1 to 10): _____ Why: _____

Something I'd been putting off that I did this past week (or "none"): _____

An opportunity I followed up on this past week (or "none"): _____

The superstition I lean on most right now: _____

The moment in the next three weeks I'm most nervous about: _____

A note to my Day 21 self: _____

☐ I rated all three before starting.
☐ I put this page where I'll see it on Day 21.

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WORKSHEET My First Weekend

Tick each starter as you try it. Write one word about how it felt.

☐ The Horoscope Flip. The line I flipped: _____

What I did: _____

☐ The Finish-the-Sentence Knock. "Knock on wood, and I'm going to _____."

☐ The One-Job Penny. My object: _____

Its one job: _____

☐ The Other Way Around the Block. Where I went instead: _____

☐ The Three-Line Luck Log, Saturday.
☐ The Three-Line Luck Log, Sunday.

The starter I want to keep using this week: _____

The starter that did nothing for me (that's allowed): _____

One word for how my weekend felt: _____

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WORKSHEET **My Superstition Sort**

List the lucky habits you've noticed this week, including the ones you do without thinking. For each, name its job, ask the love-or-fear question and choose what to do.

My superstition	Its job (protect, prepare, belong, remember)	Love or fear?	Calms or opens me, or worries or narrows me?	Keep, loosen or swap

The one I'm proudest to keep: _____

The one I'll loosen first: _____

The one I'll swap, and what I'll do instead: _____

☐ I asked "What is this trying to do for me?" for every item.
☐ I asked "Love or fear?" for every item.
☐ I chose one habit to keep, one to loosen and one to swap.

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WORKSHEET **My Seven-Day Luck Log**

Fill in one entry each night for the next seven days, starting tonight. Keep each line short. Tick the box when you've done the slow replay.

Day	The lucky moment	What helped it happen	My part	Stretch it
Day 7				
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				

☐ Day 7 replay ☐ Day 8 replay ☐ Day 9 replay ☐ Day 10 replay ☐ Day 11 replay ☐ Day 12 replay ☐ Day 13 replay

The near miss I noticed this week: _____

One "stretch it" I actually did: _____

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WORKSHEET **Build My Pre-Game Ritual**

Fill in each move with your own version. Keep the whole thing to about two minutes, then practice it at least three times before your big moment.

The big moments this ritual is for: _____

Ground: Where I'll feel my body and what I'll name: _____

Breathe: My breathing pattern: _____

Picture: The first 30 seconds, going fine: _____

Cue: My phrase or gesture, tied to my preparation: _____

☐ Practice run 1, before: _____

☐ Practice run 2, before: _____

☐ Practice run 3, before: _____

☐ I can do a short version (breathe and cue) in under thirty seconds.
☐ I've put my cue phrase somewhere I'll see it every day.

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WORKSHEET **My Pocket Reminder Card**

Fill in the card, cut it out or copy it onto an index card, and keep it with your lucky object, or in its place.

My lucky object: _____

The job it does for me (protect, prepare, belong, remember): _____

Evidence line 1 (something I practiced): _____

Evidence line 2 (something I know I can do): _____

Evidence line 3 (something that went well before): _____

When I touch it, I will: _____

If I don't have it, my cue is: _____

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CHECKLIST **The Jinx Catcher**

Tick any that fit this week; every one is optional.

- ☐ I said one piece of good news out loud to someone I trust, or chose on purpose to keep it private.
- ☐ When the jinx alarm went off, I finished the sentence with a plan (with or without a knock).
- ☐ I let someone be happy for me without changing the subject.
- ☐ I did one small, low-stakes event without my lucky object.
- ☐ I paired my object with one practice session and said what I'd done.

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WORKSHEET **Twenty Small Yeses**

Read the list and tick three detours you'll try this week. Mix small and bold ones if you like. Add your own ideas on the blank lines, and write down what happened after each one.

- ☐ Walk a different way on your usual walk.
- ☐ Shop at a different grocery store or market this weekend.
- ☐ Try a park, trail or dog park you've never visited.
- ☐ Say yes to the next neighbor who invites you to something.
- ☐ Go to a block party, a school fair or a community event.
- ☐ Volunteer for one small job at a gathering.
- ☐ Answer an old friend's text with a plan, not just a reply.
- ☐ Ask an older relative a question you've never asked.
- ☐ Accept a coworker's lunch or coffee invitation.
- ☐ Go to one beginner class: pottery, climbing, dance, cooking.
- ☐ Try a trivia night, a book club or a pickup game.
- ☐ Stay ten minutes longer after church, the game or the meeting.
- ☐ Bring cookies or a plant to a new neighbor.
- ☐ Ask someone at the gym, park or pickup line their name.
- ☐ Say yes to being someone's plus-one.
- ☐ Invite a neighbor or friend for coffee or a walk.
- ☐ Host a simple game night or potluck.

☐ _____

☐ _____

☐ _____

My three for this week: _____

What happened: _____

The follow-up I sent: _____

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WORKSHEET **My Wish, Obstacle, Plan**

Fill in the three parts for one wish you can make progress on in the next few weeks.

My wish (one line): _____

The obstacle inside me: _____

My plan: If _____,

then I will _____.

Where I'll keep this sentence: _____

The first time the "if" happened: _____

☐ I did the "then."

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CHECKLIST **Close the Day**

Keep this for your next bad day.

☐ Name it. I said or wrote what happened in one plain sentence.
☐ Still true. I wrote three things that are still true.

1: _____

2: _____

3: _____

☐ Split the control. Not in my hands today: _____

In my hands tomorrow: _____

☐ Open up. I asked what this opened up: _____

☐ Lights out. I ended the day with one small action: _____

☐ I wrote one line in my luck log, even if it was only “Still standing.”

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WORKSHEET **Three Weeks Later: My Score**

Rate each one from 1 to 10 for this past week, before you look at Day 0. Then copy your Day 0 numbers across and compare.

Score	Day 0	Day 21	Change
Lucky			
Calm			
Open			

This week, I finally did (or “none”): _____

This week, I followed up on (or “none”): _____

An exercise that added pressure (or “none”): _____

Tools I keep: _____

Change: _____

Drop: _____

The score that moved most, and what I think moved it: _____

The score that moved least, and what I’ll try next: _____

Number of luck log entries in three weeks: _____ My favorite entry: _____

☐ I rated Day 21 before looking at Day 0.
☐ If a number surprised me, I’ll retake it in a day or two and average the two.
☐ I put a ten-minute Sunday look back on my calendar.

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WORKSHEET **The Second-Wind Checklist**

Tick each box as you go.

☐ I named the one thing that stopped working: _____

☐ I found the row in "If This Happens, Try This" (Chapter 10) that fits it best.
☐ I made the tool smaller, moved it, or set it aside for a week.
☐ I wrote one line in my luck log tonight, even a tiny one.
☐ I kept the tools that were still working.
☐ I told one person about a flop, a funny moment or a small win.
☐ I checked whether anything feels like a must instead of a choice.

The change I'm making this week: _____

How I'll know it's working: _____

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WORKSHEET **When to Get Professional Help**

Tick any that have been true for two weeks or more (the last one counts even once). If you tick even one, talk to a doctor or licensed therapist.

☐ I feel I have to do a ritual, and skipping it fills me with dread.
☐ My rituals or checking take up a lot of my day.
☐ Worry is getting in the way of my sleep, work or time with people.
☐ I'm avoiding places or people because of a bad-luck feeling.
☐ I'm gambling more than I planned or hiding it from someone.
☐ I've had thoughts of hurting myself. (Reach out now: a doctor or someone you trust.)

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WORKSHEET **Does This Habit Still Serve Me?**

Fill this in on your next Sunday look back. Every line is optional.

☐ A habit I'm keeping because it helps: _____

☐ A habit I'm loosening this month: _____

☐ A habit I'm letting go of, with thanks: _____

☐ My stretch for the next 21 days: _____

☐ The date of my next luck score: _____

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WORKSHEET **My Luck Log, Week 4**

Your first week after the lab. One line per box is plenty. Print more copies of this page as you need them.

Day	The lucky moment	What helped it happen	My part	Stretch it
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

My favorite entry this week: _____

Next week's detour: _____

☐ I did my Sunday look back.

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Bonus: The Superstition Swap

Most superstitions have a job. They try to protect you, prepare you, connect you to people or keep a memory close. The trouble is the price some of them charge: calm, chances or a whole Friday's worth of email.

The table below lists twelve superstitions that plenty of people around the world grew up with, the job each one is quietly trying to do, and a tool from this book that does the same job without the worry. Nothing here asks you to give up a habit you love. A superstition that steadies you or widens your world has already earned its place, so save this page for the ones that cost you something.

The superstition	Its quiet job	Instead of this, try this
Knocking on wood after good news	Protect: keep the bad outcome away	Finish the sentence with a plan (a knock is optional): "Knock on wood, and I'm going to…" (Chapter 2)
Keeping good news secret so you don't jinx it	Protect: spare you embarrassment if it falls through	Private is fine; if you'd like support, tell one safe person now (Chapter 6)
Skipping plans when your horoscope says "be cautious"	Protect: save your energy	Flip the line into one small action, such as going for twenty minutes (Chapters 2 and 3)
The lucky earrings, shirt or socks for a big day	Prepare: help you feel like yourself	Keep them, and pair them with your practice so they remind you what you've done (Chapter 6)
Carrying a lucky coin everywhere	Remember or prepare	Give it one job at a time, keep an evidence card and do the empty-pocket drill now and then (Chapters 2 and 6)
Not saying "it's quiet" or "we've got this" out loud	Protect: keep a good stretch going	Say it, enjoy it, and put the energy into the next small step
Avoiding Friday the 13th or the number 13	Protect: dodge a vague danger	Ask what the real risk is today, and make an if-then plan for that one (Chapter 8)
Never opening an umbrella indoors	Belong or remember: a family rule	Keep it if it reminds you of home; it costs you nothing
No hat on the bed	Remember: a grandparent's voice	Keep it for love, and let go of the fear if you forget (Chapter 3)
Dreading a broken mirror	Make sense of an accident	Sweep it up, and use Close the Day if the whole day went sideways (Chapter 8)
Waiting for bad luck to come in threes	Prepare: brace for the next blow	Read back through a week of your luck log and tally the good moments, which rarely stop at three (Chapter 4)
Wishing on a birthday candle or a shooting star	Give a hope a moment of focus	Make the wish, then write its three cards over breakfast: wish, obstacle, plan (Chapter 8)

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The Three-Week Luck Map

When	What you do	Main tool	Chapter
Day 0	Mark your starting line	The luck score for this past week: lucky, calm and open, 1 to 10, plus two yes-or-no questions	1
First weekend	Days 1–2: try five quick starters	Horoscope Flip, Finish-the-Sentence Knock, One-Job Penny, Other Way Around the Block, Three-Line Luck Log	2
Week 1	Days 3–7: sort your superstitions and start noticing	Four jobs (protect, prepare, belong, remember), love or fear, keep, loosen or swap; the four-line luck log with a slow replay	3, 4
Week 2	Days 8–14: get ready for big moments and good news	Ritual in Four Moves (Ground, Breathe, Picture, Cue), pairing a lucky object, the evidence card, Finish-the-Sentence Knock	5, 6
Week 3	Days 15–20: give chance more ways to find you, and plan	Detour Ladder, Twenty Small Yeses, a follow-up within two days; wish, obstacle, plan; Close the Day	7, 8
Day 21	Score yourself again and choose your tools	Three Weeks Later: My Score, with the four questions; retake in a day or two if a number surprises you	9
Any day	Get back on track after a wobble	If This Happens, Try This; the Second-Wind Checklist	10
After the lab	Keep it light, know the limits, get help if needed	Keep, Loosen or Get Help; your next 21 days	11

On Day 21, after the three ratings, ask four things about this past week: what you did that you'd been putting off, what you followed up on, whether any exercise added pressure, and which tools you'll keep, change or drop (Chapter 9).

The everyday menu (keep the pieces that help)

- Morning: flip one lucky line into one small action.
- Before a big moment: the Ritual in Four Moves, or breathe and cue in thirty seconds.
- When good news comes out: finish the sentence with a plan, with a knock if you like.
- Once a week: one detour (a new route, a new spot, a yes, joining in or inviting someone).
- Every night: the four-line luck log and a twenty-second slow replay.
- On a bad day: Close the Day before bed.
- Sunday: a ten-minute look back.

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