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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