

A New Earth

by Eckhart Tolle

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 **Practice 'presence breaks'**

Tolle: 10 times today, pause for 10 seconds. Become aware of the awareness behind your thoughts. This is the practice.

MON TUE WED THU FRI SAT SUN

⁰² **Catch the next identity claim**

When the mind says 'I am the kind of person who...' or 'They always do this to me,' pause and label it: identity forming.

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⁰³ **Practice one clean acceptance**

Choose one small annoyance today. Drop the inner sentence that says it should not be happening, then take the next useful action.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Observe your pain-body when it activates**

Tolle: notice when old pain arises. Instead of identifying with it, observe it as an energy field. 'Oh, there's my pain-body.' You are not it.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Feel the inner body before replying**

Before answering a tense message or conversation, put attention in your hands and chest for three breaths. Let the response come after sensation returns.

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⁰⁶ **Enter the present through the body**

Tolle: whenever you notice yourself lost in thought, come back through the body. Feel your feet on the floor. This is the emergency exit.

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⁰⁷ **Observe the pain-body without feeding it**

When emotional heaviness appears, notice its physical texture, temperature, and location. Do not add the story for sixty seconds.

MON TUE WED THU FRI SAT SUN

⁰⁸ **Practice radical acceptance of this moment**

Tolle: what is happening right now that you are resisting? Can you allow it to be here? The resistance is the pain.