

A Return to Love

by Marianne Williamson

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

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01

Name the fear lens

Write the interpretation fear is giving this situation.

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02

Write the love lens

Rewrite the scene in a way that preserves dignity and truth.

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03

Define the repair

If guilt is present, name the concrete amends instead of rehearsing shame.

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04

Choose a connection sentence

Prepare one sentence that keeps the door open without abandoning your boundary.

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05

Pause before defending

Before responding to attack, ask what fear may be protecting.

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06

Practice a perception shift

Once a day, reinterpret a frustration through generosity and responsibility.

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07

Release one scarcity claim

When lack speaks, name what is enough for the next loving action.

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08

Use love with limits

Make one boundary warmer, clearer, and less punitive.

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