

All About Love

by bell hooks

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 **Define love by behavior**

Write a one-sentence definition of love that includes action, responsibility, respect, and truth. Use it to evaluate one relationship pattern this week.

MON TUE WED THU FRI SAT SUN

⁰² **Tell one clean truth**

Choose one avoided truth and say it without punishment, performance, or blame. Let honesty become an invitation to repair.

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⁰³ **Audit domination**

Notice where care turns into control: monitoring, rescuing, withholding, shaming, or deciding for someone else. Replace one control move with a respectful choice.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Make care observable**

Do one small act that meets an actual need, not an imagined role. Ask, observe, and adapt instead of assuming.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Repair without theater**

Name your part, make one concrete amends, and stop explaining before the repair lands. Let accountability be quiet and specific.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Practice love outside romance**

Apply the same ethic to a friendship, family conversation, workplace exchange, or community obligation. Love becomes real when it leaves the fantasy category.