

As a Man Thinketh

by James Allen

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 **Name the recurring thought**

Write down the sentence your mind keeps repeating when you avoid action, feel resentment, or lose confidence. Treat it as material, not identity.

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⁰² **Replace one weed with one seed**

Choose one unhelpful thought and write a deliberate replacement that creates agency without denying reality. Repeat it before the next related action.

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⁰³ **Audit your mental inputs**

For one day, notice what you read, watch, and discuss. Ask which inputs make noble action easier and which ones make drift feel natural.

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⁰⁴ **Prove the thought in conduct**

Attach your chosen thought to one visible behavior today. Allen's test is not whether an idea feels inspiring, but whether it becomes action.

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⁰⁵ **Practice five minutes of calm command**

Sit quietly, breathe slowly, and rehearse responding to one pressure point with steadiness instead of reflex. Build the inner climate before the weather arrives.