

Ask and It Is Given

by Esther Hicks

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

☐ ⁰¹ **Name one desire**
Write what you want in plain, specific language.

MON TUE WED THU FRI SAT SUN

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☐ ⁰² **Find the honest better thought**
Write a thought that feels slightly more spacious without pretending.

MON TUE WED THU FRI SAT SUN

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☐ ⁰³ **List present resources**
Name five resources, people, or abilities already supporting you.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁴ **Choose an aligned action**
Pick one action that is clean, kind, and doable today.

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☐ ⁰⁵ **Create a focus cue**
Place a reminder where worry usually starts.

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☐ ⁰⁶ **Shift one sentence**
When lack appears, rewrite it as a truthful next possibility.

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☐ ⁰⁷ **Notice one opening**
Record one opportunity, support or useful coincidence.

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☐ ⁰⁸ **Act from steadiness**
Take one step after calming the body, not during panic.

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