

Awaken the Giant Within

by Tony Robbins

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 **Write one real decision**

Choose one area where you have been negotiating. Write the decision, the rule it creates, and the first action due in the next 24 hours.

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⁰² **Run a state interrupt**

When your mood drops, change posture, breathing, movement, and focus for two minutes before making the next choice.

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⁰³ **Audit a limiting rule**

Find one invisible rule that makes progress feel unsafe or exhausting. Rewrite it as a standard you can practice this week.

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⁰⁴ **Attach pain to drift**

List the cost of keeping one old pattern for another year, then connect pleasure to the identity you are building instead.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Ask the power question**

Each morning ask: what action today would prove my new standard is real? Put that action on the calendar before inputs.