

Becoming Supernatural: How Common People are Doing the Uncommon

by Joe Dispenza

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 old state** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Write the emotional loop you most often rehearse: worry, resentment, urgency, shame, or collapse.

MON TUE WED THU FRI SAT SUN

☐ ⁰² **Design the future state** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Choose three words that describe the state you want to practice before circumstances change.

MON TUE WED THU FRI SAT SUN

☐ ⁰³ **Build a rehearsal cue** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Attach a two-minute future-state rehearsal to an existing daily anchor like waking, commuting, or closing your laptop.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁴ **Create a body marker** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Pick one posture, breath pace, or phrase that signals the new state to your body.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁵ **Interrupt the loop early** ☐ ☐ ☐ ☐ ☐ ☐ ☐

When the old emotional state appears, label it before explaining or defending it.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁶ **Rehearse before reacting** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Take two minutes to practice the chosen state before sending a difficult message or making a decision.

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☐ ⁰⁷ **Record evidence of change** ☐ ☐ ☐ ☐ ☐ ☐ ☐

At night, write one moment when your response differed from the old pattern.