

Breaking the Habit of Being Yourself

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 **Audit one memorized emotion**

For one day, write down each time a familiar state returns: anxiety, resentment, shame, urgency, numbness. Note the cue, body sensation, thought, and automatic behavior without trying to fix it yet.

MON TUE WED THU FRI SAT SUN

⁰² **Write the old identity script**

Finish this sentence honestly: 'The version of me I keep rehearsing believes...'. Name the payoff too. Old identities survive because they provide control, safety, attention, or relief.

MON TUE WED THU FRI SAT SUN

⁰³ **Rehearse the future self for twelve minutes**

Choose one trigger and mentally practice the new response before the day starts. Include posture, breath, words, and emotional tone. Make the scene specific enough to recognize later.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Give the environment a cue**

Place one visible object where the old loop usually begins: a card, glass of water, chair angle, or lock screen line. Let the environment remind the future identity to enter first.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Collect one piece of physical proof**

After the trigger arrives, do one tiny behavior your old self would not do: pause before replying, start the timer, walk outside, or tell the truth cleanly. Evidence trains belief.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Close the day with a new memory**

Before sleep, replay the moment you interrupted the old self, even if it was imperfect. Let the brain file the day under practice instead of failure.