

Calling in "The One"

by Katherine Woodward Thomas

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 your relationship pattern headline**

Name the recurring story in one sentence: the rescuer, the chaser, the fantasy builder, the fortress. Keep it factual, not shaming.

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⁰² **Retire one old contract**

Finish this line in your journal: I used to believe love required me to... Then write the new agreement you are willing to live by.

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⁰³ **Audit your availability**

Look at your calendar, emotional bandwidth, home, friendships, and dating behavior. Where are you saying you want love while leaving no room for it?

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⁰⁴ **Date for evidence, not potential**

After each meaningful interaction, record three observed behaviors instead of interpreting chemistry. Let conduct outrank fantasy.

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⁰⁵ **Practice receiving cleanly**

Accept one compliment, favor, invitation, or act of care without deflecting, apologizing, or rushing to repay it.

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⁰⁶ **Become one requested quality**

Choose one quality you want in a partner and practice it visibly for seven days: honesty, steadiness, repair, joy, patience, or devotion.