

Eat, Pray, Love

by Elizabeth Gilbert

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 **Plan a three-part reset day**

Give the day one Eat ritual, one Pray ritual, and one Love ritual: a slow meal, ten quiet minutes, and one honest connection that does not cost you your peace.

MON TUE WED THU FRI SAT SUN

⁰² **Make pleasure observable**

Choose one sensory pleasure and experience it without earning it, explaining it, photographing it, or using it as a reward for productivity.

MON TUE WED THU FRI SAT SUN

⁰³ **Sit with the real question**

Write the sentence you keep avoiding, then sit silently for eight minutes before trying to solve it. Let the answer arrive as information, not pressure.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Practice balanced affection**

Say yes to one person or invitation only if your body, calendar, and boundaries can all come along. If one cannot, redesign the yes.