

I Could Do Anything If I Only Knew What It Was

by Barbara Sher

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

Run an envy audit

☐
☐
☐
☐
☐
☐
☐

Write three people you envy, then name the exact quality you envy: schedule, skill, courage, audience, location, or permission.

MON TUE WED THU FRI SAT SUN

☐

02

Recover old fascinations

☐
☐
☐
☐
☐
☐
☐

List five things you loved before age twelve and circle the verbs inside them: making, exploring, performing, sorting, teaching.

MON TUE WED THU FRI SAT SUN

☐

03

Name the forbidden wish

☐
☐
☐
☐
☐
☐
☐

Complete: If nobody judged me and money was temporarily handled, I would spend a month trying...

MON TUE WED THU FRI SAT SUN

☐

04

Interview your energy

☐
☐
☐
☐
☐
☐
☐

For seven days, note the moments when you feel more awake after an activity than before it.

MON TUE WED THU FRI SAT SUN

☐

05

Design a tiny trial

☐
☐
☐
☐
☐
☐
☐

Choose one desire and create a two-hour test that produces evidence, not a grand decision.

MON TUE WED THU FRI SAT SUN

☐

06

Separate want from job title

☐
☐
☐
☐
☐
☐
☐

Rewrite a dream as conditions and activities instead of a status label or profession.

MON TUE WED THU FRI SAT SUN

☐

07

Ask what fear protects

☐
☐
☐
☐
☐
☐
☐

When a wish feels impossible, write what disaster your mind is trying to prevent.

MON TUE WED THU FRI SAT SUN