

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

☐ ⁰¹ **Map the repeating sentence** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Write one fear, phrase, or belief that seems larger than the current situation.

Ask where it appears □ □ □ □ □ □ □

List family members or stories where a similar fear or loss shows up.

03 Separate then and now □ □ □ □ □ □ □

Write what belongs to the past and what is actually true today.

04 Create an honoring line □ □ □ □ □ □ □

Write one sentence that respects what was carried without agreeing to repeat it.

☐ ⁰⁵ **Pause inherited alarm** ☐ ☐ ☐ ☐ ☐ ☐ ☐

When the old pattern appears, say: this may be old, and I can check the present.

☐ ⁰⁶ **Choose one new response** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Act once in a way that answers the present instead of the inherited fear.

☐ ⁰⁷ **Record cycle breaks** ☐ ☐ ☐ ☐ ☐ ☐ ☐

Write one moment each week where the family pattern did not get the final word.