

Law of Attraction

by David Hooper

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 a one-sentence coverline**

Name the desire like an editor assigning a feature: specific, sensory, and emotionally honest enough that your attention knows what to look for.

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⁰² **Collect three pieces of supporting evidence**

Each day, write three signs that your desired future is already becoming plausible: a skill, a contact, a small win, or a moment of unexpected support.

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⁰³ **Rehearse the felt state for five minutes**

Visualize the future as already safe in your body. Notice posture, breath, sound, and mood, then carry one detail into the next hour.

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⁰⁴ **Take one receipt action**

Do one visible thing that proves you are not only wishing: send the pitch, make the call, clear the space, track the number, or practice the skill.

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⁰⁵ **Retire one scarcity sentence**

Catch the repeated thought that makes the future feel closed. Rewrite it into a cleaner, believable sentence without pretending fear is not present.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Release the route at day's end**

Close the loop nightly: name what you did, name what you are no longer micromanaging, and let timing stop being a verdict on your worth.