

Letting Go

by David R. Hawkins

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 **Name the Raw Feeling**

Pause for 60 seconds and write only the emotion and body sensation: fear in chest, anger in jaw, grief in throat. Do not explain it yet.

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⁰² **Drop One Sentence**

Find the sentence feeding the charge, such as 'they should understand' or 'I cannot handle this.' For one breath, stop repeating it and notice what remains.

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⁰³ **Let the Sensation Peak**

Set a timer for two minutes. Allow the body sensation to rise, shift, or fade without fixing it, venting it, or turning it into a plan.

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⁰⁴ **Act From the Cleaner Place**

After the charge softens, choose one grounded action: tell the truth, set a boundary, apologize, rest, or do the next practical task.

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⁰⁵ **Repeat Before Sleep**

Before bed, scan the day for one thing still gripping you. Say, 'I allow this feeling to be here, and I release needing it to solve tonight.'