

Love Yourself Like Your Life Depends on It

by Kamal Ravikant

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 **Choose the mantra window**

Pick one daily time to repeat 'I love myself' for sixty seconds.

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

MON TUE WED THU FRI SAT SUN

☐ ⁰² **Pair it with a body cue**

Place a hand on your chest or breathe slowly while repeating the phrase.

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

MON TUE WED THU FRI SAT SUN

☐ ⁰³ **Write a visible reminder**

Put the phrase somewhere you will see it before the old loop starts.

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

MON TUE WED THU FRI SAT SUN

☐ ⁰⁴ **Repeat before reacting**

Use the mantra for one minute before answering a harsh inner thought.

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

MON TUE WED THU FRI SAT SUN

☐ ⁰⁵ **Practice on the exhale**

Say the phrase silently on each long exhale for ten breaths.

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

MON TUE WED THU FRI SAT SUN

☐ ⁰⁶ **Create a crisis card**

Write the phrase and three care actions for moments when thinking collapses.

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

MON TUE WED THU FRI SAT SUN

HourLife - hourlife.com/books/love-yourself-like-your-life-depends-on-it - (c) 2026

☐ ⁰⁷ **Track one repetition streak**

Mark each day you complete the practice, without judging the feeling quality.

☐	☐	☐	☐	☐	☐	☐
--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------	--------------------------

MON TUE WED THU FRI SAT SUN