

Loving What Is

by Byron Katie

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 one stressful sentence**

Choose a thought with a clear subject and demand, such as 'They should listen to me.' Keep it simple enough to investigate in one sitting.

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⁰² **Ask the four questions slowly**

Move through: Is it true? Can you absolutely know? How do you react when you believe it? Who would you be without it? Write the answers instead of thinking them.

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⁰³ **Find three living turnarounds**

Reverse the belief toward yourself, the other person, or the opposite. For each turnaround, find one real example that has already happened.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Notice the body before and after**

Before inquiry, name the sensation the belief creates. After the turnaround, name what shifted. The body often recognizes truth before the argument does.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Practice with a small irritation**

Start with traffic, dishes, an unanswered text, or a minor criticism. The Work gets stronger when practiced before the mind is in full emergency mode.