

Practicing the Power of Now

by Eckhart Tolle

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

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01

Notice the sentence

When a thought repeats, write the exact sentence instead of arguing with it.

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02

Choose one anchor

Pick breath, feet, hands, or sound as your default return point.

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03

Map your waiting mode

Name one place where you postpone aliveness until a future condition changes.

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04

Define surrender

Write what acceptance would mean in one current situation, without giving up responsibility.

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05

Feel both feet

Several times a day, put attention into both feet for ten seconds.

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06

Pause before solving

Take three breaths before turning discomfort into a project.

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07

Name sensation first

Describe the body feeling before naming the story around it.

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08

Complete one ordinary act

Give one small household task full attention from start to finish.

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