

# Psycho-Cybernetics

by Maxwell Maltz

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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

<sup>01</sup> **Write the old portrait in one sentence**

Name the self-image that keeps running the show: the awkward one, the quitter, the anxious performer, the person who cannot change. Keep it specific enough to challenge.

MON TUE WED THU FRI SAT SUN

<sup>02</sup> **Build a thirty-second target movie**

Rehearse one ordinary scene where the new identity behaves calmly and visibly. Include posture, pace, voice, and the first useful action.

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<sup>03</sup> **Collect one piece of identity evidence**

Do a tiny behavior today that the old label would not predict, then record it before your brain discounts it.

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<sup>04</sup> **Turn a miss into course correction**

After a setback, write only the next adjustment: what to notice, what to rehearse, and what to try differently next time.

MON TUE WED THU FRI SAT SUN

<sup>05</sup> **Run the image for seven days**

Use the same target movie daily for a week. The point is not intensity; it is familiarity becoming automatic.