

Reinventing Your Life

by Jeffrey E. Young

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

☐ ⁰¹ **Identify the lifetrap**
Name the recurring pattern that keeps showing up.

MON TUE WED THU FRI SAT SUN

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☐ ⁰² **Write the old prediction**
Capture what the pattern says will happen.

MON TUE WED THU FRI SAT SUN

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☐ ⁰³ **Find the origin echo**
Note where this feeling first learned its logic.

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☐ ⁰⁴ **Choose an adult response**
Define what present-day you can do differently.

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☐ ⁰⁵ **Check the evidence**
Separate today's facts from old expectation.

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☐ ⁰⁶ **State one need**
Say a clean preference before resentment builds.

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☐ ⁰⁷ **Resist one avoidance**
Take a small action you usually dodge.

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☐ ⁰⁸ **Practice safe disclosure**
Share one true sentence with a trustworthy person.

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