

Super Attractor

by Gabrielle Bernstein

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 **Run the Choose Again method on one fear thought**

Write the fear sentence exactly as it appears. Forgive the thought for trying to protect you, then write the next believable sentence that makes your body feel one inch more open.

MON TUE WED THU FRI SAT SUN

⁰² **Ask for a sign, then stop interrogating the room**

Name a simple sign and a clear timeframe. After asking, return to your day. If the sign appears, let it support the next right action. If it does not, let quiet be useful information too.

MON TUE WED THU FRI SAT SUN

⁰³ **Build a joy-before-proof ritual**

Choose one sensory action that feels beautiful before anything is solved: a song, a walk, a candle, a clean desk, a generous message. Treat joy as preparation, not escape.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Write the desire and release the route**

State what you want in one direct paragraph. Under it, list the three routes you are over-controlling and cross them out. Keep the desire. Loosen the costume.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Collect evidence that support already exists**

Make a 10-item appreciation list focused on ordinary support: replies, ideas, shelter, timing, encouragement, energy, resources. The practice is to train attention toward participation.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Turn clean energy into one loving action**

Use the best state you can access to help someone else. Send the note, make the introduction, offer the encouragement, or solve the small problem without tracking payback.