

The Alchemist

by Paulo Coelho

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 your Personal Legend in one sentence**

Name the dream that keeps returning after every practical objection. Keep it concrete enough that a stranger could tell whether you moved toward it this week.

MON TUE WED THU FRI SAT SUN

⁰² **Run a seven-day omen audit**

Each night, write down one repeated signal: a conversation, fear, coincidence, invitation, or delay. At the end of the week, choose the pattern worth testing.

MON TUE WED THU FRI SAT SUN

⁰³ **Sell one symbolic sheep**

Give up one comfort that protects your current identity: a default commitment, avoidance habit, or excuse that keeps the dream safely theoretical.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Find your crystal shop apprenticeship**

Choose one temporary role, project, or practice that builds trade skills for the larger quest. Treat it as training, not exile.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Take the smallest desert crossing**

Do one action that cannot be mistaken for planning: send the proposal, book the call, publish the draft, ask the question, or buy the ticket.