

# The Choice

by Edith Eger

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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

 01

## Name the cell

       

Write the sentence that keeps repeating in your mind. Start with 'I am trapped by...' and make it specific enough to challenge.

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 02

## Find the next choice

       

Before reacting, pause for one breath and ask: 'What response would protect my freedom in the next ten minutes?'

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 03

## Separate feeling from verdict

       

Name one feeling in your body, then add: 'This is a feeling, not a life sentence.' Let the body speak without letting shame rule.

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 04

## Practice release without approval

       

Choose one resentment rehearsal to interrupt today. Keep the boundary, but spend the reclaimed attention on your own life.

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 05

## Build a freedom ritual

       

Create a three-minute ritual: feet on the floor, name today's date, speak one truth, then take one small future-facing action.