

The Magic

by Rhonda Byrne

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

☐ ⁰¹ **Write ten thanks**
List ten specific things you are grateful for and why.

MON TUE WED THU FRI SAT SUN

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☐ ⁰² **Choose a gratitude category**
Pick people, body, money, work, or home for today's focus.

MON TUE WED THU FRI SAT SUN

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☐ ⁰³ **Name one hidden helper**
Identify a person or system that quietly supports your life.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁴ **Prepare a thank-you**
Write a message of appreciation you can send today.

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☐ ⁰⁵ **Say thank you deliberately**
Pause once and say thank you with full attention.

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☐ ⁰⁶ **Find the useful lesson**
Inside one difficulty, name one skill or clarity it is building.

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☐ ⁰⁷ **Thank a body function**
Write one sentence of gratitude for a working body part or process.

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☐ ⁰⁸ **Bless one bill**
Connect one expense to the care, shelter, tool, or service it provided.

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