

The Mastery of Love

by Miguel Ruiz

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 one inherited love rule** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Write a rule you absorbed about love, jealousy, loyalty, sex, or conflict. Ask whether it creates freedom or fear in your current life.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰² **Separate request from control** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Rewrite one complaint as a clean request. Remove threats, mind-reading, and pressure. Keep only what you want and why it matters.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰³ **Map a fear trigger** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Choose one recurring relationship reaction and identify the fear underneath it: rejection, humiliation, abandonment, or loss of control.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁴ **Write a self-love repair line** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Create one sentence you can use when insecurity spikes, such as: I can feel this without making someone else responsible for it.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁵ **Pause before testing love** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- When tempted to test, withdraw, provoke, or demand reassurance, pause and name the direct need instead.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁶ **Give without an invoice** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Do one generous thing today only if it can be given freely. If resentment appears, treat it as data about a boundary.

MON TUE WED THU FRI SAT SUN

- ☐ ⁰⁷ **Practice clean appreciation** ☐ ☐ ☐ ☐ ☐ ☐ ☐
- Tell someone one specific thing you appreciate without attaching a correction or request to the end of it.