

The Path Made Clear: Discovering Your Life's Direction and Purpose

by Oprah Winfrey

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

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01

Write an energy inventory

List five activities that leave you more awake after doing them.

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02

Name the beneficiary

For one gift or skill, write who is helped when you use it well.

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03

Cut one false yes

Cancel or decline one obligation that exists mainly to preserve an image.

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04

Take the next true step

Choose one 20-minute action that makes your direction more real today.

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05

Track recurring clues

Keep a note of moments when you feel useful, calm, and fully present.

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06

Ask a purpose question

Ask: What is life asking me to practice, not just achieve?

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07

Make a values filter

Pick three values that future commitments must satisfy.

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