

The Power of Intention

by Wayne W. Dyer

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

☐ ⁰¹ **Choose today's quality**
Pick one quality to act from: kindness, creativity, service, or expansion.

MON TUE WED THU FRI SAT SUN

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☐ ⁰² **Define visible proof**
Write one behavior that would make the intention observable.

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☐ ⁰³ **Find the contraction**
Name where fear or strain is currently directing your behavior.

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☐ ⁰⁴ **Connect intention to service**
Write who benefits if you act from this quality today.

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☐ ⁰⁵ **Begin with stillness**
Take one quiet minute before starting meaningful work.

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☐ ⁰⁶ **Reset before replying**
Choose the quality of your next response before sending it.

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☐ ⁰⁷ **Make one generous move**
Do one thing that expands the room for someone else.

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☐ ⁰⁸ **Release forced effort**
Notice one place where pushing harder is making you smaller.

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