

The Power

by Rhonda Byrne

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 **Write three appreciations**

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Name three specific things that are already working before asking for more.

MON TUE WED THU FRI SAT SUN

☐ ⁰² **Choose the feeling first**

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Before a hard task, choose the state you want to bring into it.

MON TUE WED THU FRI SAT SUN

☐ ⁰³ **Translate envy into desire**

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Write what another person's success reveals you want to build.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁴ **Stop feeding one grievance**

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When resentment repeats, name the boundary or repair instead of replaying the scene.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁵ **Practice the one-minute lift**

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Spend one minute deliberately remembering a person, place, or moment you love.

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☐ ⁰⁶ **Make the request clean**

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Ask for what you want without attaching it to proof of worth.

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☐ ⁰⁷ **Collect evidence of support**

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Record one moment of help, luck, or kindness each day.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁸ **Replace scarcity language**

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Catch one sentence of lack and rewrite it as a workable next move.