

The Prophet

by Kahlil Gibran

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 **Choose one theme**

Pick love, work, sorrow, freedom, giving, or children for today's reflection.

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☐ ⁰² **Write the reversal**

Name what the book asks you to stop possessing or forcing.

MON TUE WED THU FRI SAT SUN

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☐ ⁰³ **Make a quiet vow**

Turn the theme into one sentence of practice.

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☐ ⁰⁴ **Find the symbol**

Choose an object that reminds you of the vow for one day.

MON TUE WED THU FRI SAT SUN

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☐ ⁰⁵ **Loosen one grip**

Let someone or something be itself without correction.

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☐ ⁰⁶ **Do work as care**

Give one ordinary task your full attention.

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☐ ⁰⁷ **Honor a sorrow**

Write what your grief says you loved.

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☐ ⁰⁸ **Give without display**

Offer help without turning it into a story about yourself.

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