

The Secret

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 the desire as a headline**

Choose one desire and write it in a single specific sentence. Remove apologetic words like maybe, someday, or if I am lucky.

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⁰² **Collect three matching facts**

Before asking for more, list three current pieces of evidence that life already contains support, progress, skill, love, or possibility.

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⁰³ **Rehearse one ordinary future scene**

Picture one normal moment after the desire is real: the email, the kitchen table, the bank balance, the calm body. Make it mundane enough to believe.

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⁰⁴ **Replace one doubt headline**

Catch the sentence that says it cannot happen. Rewrite it into a believable bridge thought that still lets you move.

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⁰⁵ **Take one congruent action**

Do one thing a person who believes this future is possible would do today: ask, apply, clean up, schedule, publish, save, or repair.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Notice the first receipt**

At the end of the day, write down one small opening you would normally dismiss. Train receiving as an observation habit, not a fantasy habit.