

The Seven Spiritual Laws of Success

by Deepak Chopra

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 **Take five minutes of pure potentiality**

Before opening messages or starting work, sit without input. Let silence become the first context of the day instead of urgency.

MON TUE WED THU FRI SAT SUN

⁰² **Give what you want to receive**

Choose one quality you want more of: attention, generosity, clarity, support. Offer a concrete version of it to someone today.

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⁰³ **Audit one automatic choice**

Catch one repeated behavior and ask what future it is planting. Replace it with a cause you would actually want to harvest.

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⁰⁴ **Remove one unnecessary fight**

Find the place where you are arguing with reality. Accept the fact, take responsibility for your response, and choose the lightest useful action.

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⁰⁵ **Write the seed sentence**

Name one desire in a single sentence that includes the outcome, the feeling, and the service behind it. Then stop revising it all day.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Serve through one natural gift**

Use something that comes naturally to you to make another person's day easier, clearer, or more beautiful. Let purpose become observable.