

The Surrender Experiment: My Journey into Life's Perfection

by Michael A. Singer

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

Notice the contraction
When something unwanted happens, locate the body tension before explaining the story.

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☐ 02

Separate fact from preference
Write what happened and then write what you wish had happened.

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☐ 03

Pause before refusal
Give an unexpected request one breath before deciding yes or no.

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☐ 04

Serve the next need
Ask what the situation needs now, independent of your preferred script.

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☐ 05

Release one old argument
Stop replaying one event that cannot be changed and choose the next useful act.

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☐ 06

Watch the inner voice
Write the top complaint your mind repeats today without treating it as truth.

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☐ 07

Practice clean yes
Say yes once where fear, not wisdom, is the only resistance.

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