

The Universe Has Your Back

by Gabrielle Bernstein

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

☐ ⁰¹ **Name the fear movie**
Write the exact outcome your mind is forecasting.

MON TUE WED THU FRI SAT SUN

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☐ ⁰² **Write two alternate endings**
Add two plausible outcomes that fear is ignoring.

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☐ ⁰³ **Define today's surrender**
Name what you will do and what you will stop trying to control.

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☐ ⁰⁴ **Create a trust cue**
Choose one phrase, image, or ritual that returns you to steadiness.

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☐ ⁰⁵ **Act from the better story**
Take one action as if support were possible.

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☐ ⁰⁶ **Look for one useful sign**
Notice one cue that nudges you toward courage, not avoidance.

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☐ ⁰⁷ **Pause the control grip**
When control spikes, breathe and ask what is actually yours.

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☐ ⁰⁸ **Ask for guidance in writing**
Write the question you want help answering before bed or a walk.

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