

The Untethered Soul

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 **Catch the roommate voice**

For one day, label the inner narrator as 'the voice' whenever it complains, rehearses, predicts, or argues. The goal is separation, not silence.

MON TUE WED THU FRI SAT SUN

- ⁰² **Practice the lean-back pause**

When emotion spikes, take three breaths and feel yourself as the one noticing the sensation. Let the body soften before you respond.

MON TUE WED THU FRI SAT SUN

- ⁰³ **Open around one small irritation**

Choose a minor annoyance and deliberately relax your shoulders, jaw, and chest instead of closing around it. Let it pass through without commentary.

MON TUE WED THU FRI SAT SUN

- ⁰⁴ **Write the untethering sentence**

Finish this line in a notebook: 'I am aware that my mind is saying...'. Read it back until the thought feels observable rather than identical to you.

MON TUE WED THU FRI SAT SUN

- ⁰⁵ **Stop protecting one old knot**

Notice one recurring sensitivity you keep arranging life around. Do one safe, honest action today that does not treat that knot as the center of the room.