

# The Varieties of Religious Experience

by William James

---

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

- <sup>01</sup> **Run the Fruit Test**

Choose one belief, practice, or worldview you rely on. Ask what it actually produces in your conduct: more courage, more honesty, more love, more steadiness, or just better self-description?

MON TUE WED THU FRI SAT SUN

- <sup>02</sup> **Write a Sick-Soul Page**

Spend fifteen minutes naming a grief, dread, or contradiction you usually rush past. Do not solve it. James's deeper religious lives often begin with the refusal to pretend the wound is not real.

MON TUE WED THU FRI SAT SUN

- <sup>03</sup> **Study One Conversion Account**

Read a first-person account from Augustine, Tolstoy, a recovery memoir, or one of James's cases. Track the before-state, surrender point, new center, and lasting fruits.

MON TUE WED THU FRI SAT SUN

- <sup>04</sup> **Map a Mystical Moment Carefully**

Recall a moment of awe, prayer, silence, art, nature, or love. Test it against James's marks: ineffability, noetic quality, transiency, and passivity. What did it seem to know?

MON TUE WED THU FRI SAT SUN

- <sup>05</sup> **Practice Generous Skepticism**

Listen to someone describe a spiritual experience without rushing to agree or debunk. Ask what changed afterward. James would look for consequences before conclusions.

MON TUE WED THU FRI SAT SUN

- <sup>06</sup> **Keep a One-Week Experience Log**

Each evening, record one practice, mood, surrender, resistance, or moral fruit from the day. At week's end, look for patterns in what makes you more alive and more useful.