

Unlimited Power

by Anthony Robbins

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 **Define one sensory-specific outcome**

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Write what you want, by when, how you will know it happened, and what you will see or hear.

MON TUE WED THU FRI SAT SUN

☐ ⁰² **Build a state trigger**

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Choose posture, breath, phrase, and music or movement that reliably shifts your energy in two minutes.

MON TUE WED THU FRI SAT SUN

☐ ⁰³ **Audit one limiting belief**

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Write the belief, the evidence you overuse, and the cost of keeping it as an instruction.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁴ **Model one excellent performer**

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Pick a person with a result you want and list their sequence: focus, practice, feedback, environment.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁵ **Create a better question**

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Replace one looping question with a useful one, such as: what is the next controllable move?

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☐ ⁰⁶ **Run the state trigger**

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Before one hard task, change physiology first: stand, breathe, move, then begin.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁷ **Ask the better question**

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When stuck, use your chosen question before explaining why nothing will work.

MON TUE WED THU FRI SAT SUN

☐ ⁰⁸ **Copy one micro-sequence**

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Practice one modeled behavior for ten minutes: opening line, warm-up, checklist, or review.