

Way of the Peaceful Warrior

by Dan Millman

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 **Practice the gas-station pause**

Before one routine task today, stop for ten seconds, feel both feet, relax your jaw, and enter the task as if it were the whole dojo.

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⁰² **Name the narrator**

When stress spikes, write the sentence your mind is repeating. Label it story, then write the next physical action you can take.

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⁰³ **Train one ordinary rep**

Choose a mundane action like washing a cup, opening a door, or walking to the car. Do it slowly enough to notice breath, balance, and touch.

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⁰⁴ **Serve the moment**

Ask what would make the next five minutes more useful for someone nearby, then do the smallest version without announcing it.

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⁰⁵ **End the day in the body**

Before sleep, scan from feet to head and thank one body part that carried you today. Let reflection stay physical, not performative.