

Women Who Run With the Wolves

by Clarissa Pinkola Estes

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

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Make a bone list

Write ten pieces of yourself that feel scattered or underfed: a talent, a dream, a body cue, a friendship, a private desire, a boundary, a place, a rhythm, a grief, and a creative practice.

MON TUE WED THU FRI SAT SUN

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Open the forbidden door

Name one thing you have avoided knowing because knowing it would require action. Ask: what evidence have I already collected, and who can witness the truth with me?

MON TUE WED THU FRI SAT SUN

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Recover the stolen skin

Schedule one protected return ritual this week: water, woods, music, solitude, movement, prayer, art, or silence. Treat it as maintenance for the soul, not a reward for productivity.

MON TUE WED THU FRI SAT SUN

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Translate anger into a boundary

When irritation spikes, do not discharge it immediately. Write the sentence: 'The boundary underneath this anger is...' Then choose one clean request or refusal.

MON TUE WED THU FRI SAT SUN

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Sing over one small bone

Pick one neglected creative act and give it twenty unjudged minutes. No audience, no usefulness test, no improvement plan. Just proof that the wild self still has a voice.