

You Are the Placebo

by Joe Dispenza

A printable to-do list of the most effective habits from this book. Check one off each day you do it.

☐ 01 **Name the old expectation**
Write what your body assumes will happen.

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☐ 02 **Choose the target state**
Pick the emotional state you want to rehearse.

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☐ 03 **Design the ritual**
Create a two-minute practice that pairs image, breath, and posture.

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☐ 04 **Change one cue**
Alter one environmental signal that keeps the old state familiar.

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☐ 05 **Rehearse the response**
Mentally practice one healthy action in sensory detail.

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☐ 06 **Feel before acting**
Spend one minute embodying the state before the task.

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☐ 07 **Track evidence**
Record one sign that the new response is becoming easier.

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☐ 08 **Interrupt old language**
Replace one identity phrase with a specific behavior statement.

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