

You Can Heal Your Life

by Louise L. Hay

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 **Write the harsh sentence**

Capture one recurring self-critical sentence exactly as it appears.

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MON TUE WED THU FRI SAT SUN

☐ ⁰² **Trace the source**

Ask when you first learned that sentence and whose voice it resembles.

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MON TUE WED THU FRI SAT SUN

☐ ⁰³ **Create an honest replacement**

Write a kinder sentence that does not deny reality.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁴ **Put it where you spiral**

Place the replacement sentence in the location where the old belief usually appears.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁵ **Practice mirror language**

Say one respectful sentence to yourself in the mirror each day.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁶ **Catch and replace**

When the old sentence appears, label it old language and read the replacement.

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MON TUE WED THU FRI SAT SUN

☐ ⁰⁷ **Close with appreciation**

Write one thing your body or self carried for you today.

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