

Your Erroneous Zones

by Wayne W. Dyer

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

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01

Spot the trap

Name whether approval, guilt, worry, or anger is driving the moment.

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02

Write the choice

Identify the action you would take without the trap.

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03

Make one repair

If guilt is useful, turn it into a specific repair.

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04

Define permission

Write the decision you are allowed to make without consensus.

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05

Pause approval seeking

Wait before asking for reassurance you already know you want.

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06

Convert worry to prep

Replace a worry loop with one concrete preparation step.

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07

Return anger to action

Name the boundary or request hidden under the anger.

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08

Choose before explaining

Make one small choice without over-justifying it.

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