

8 Rules of Love

by Jay Shetty

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 **Do the Self-Love Audit**

Ask yourself: Would I want to be in a relationship with me? If the answer is 'no' or 'maybe,' start there. You can't receive what you can't embody.

MON TUE WED THU FRI SAT SUN

⁰² **Practice the 2:1 Ratio**

For every complaint you voice, offer two appreciations. This rewires your brain to notice what's good instead of what's wrong. Watch your relationship shift.

MON TUE WED THU FRI SAT SUN

⁰³ **Ask 'What Do You Need?' Not 'What's Wrong?'**

In moments of tension, ask what they need right now. A listener? A solution? A hug? A break? Let them tell you how to love them.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Schedule Fun Like You Schedule Work**

Relationships die without play. Put fun on the calendar. No phone. No logistics. Just joy. Treat it with the same seriousness you treat your deadlines.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Fight for the Relationship, Not to Win**

In conflict, ask: 'Do I want to be right, or do I want us to work?' One destroys connection. The other builds it. Choose wisely in the heat of the moment.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Create Micro-Moments of Connection**

A text when you think of them. A hug when they walk in the A compliment when they least expect it. Love lives in the smallest moments, not the grandest gestures.