

# A New Earth

by Eckhart Tolle

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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

<sup>01</sup> **Practice 'presence breaks'**

Tolle: 10 times today, pause for 10 seconds. Become aware of the awareness behind your thoughts. This is the practice.

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<sup>02</sup> **Observe your pain-body when it activates**

Tolle: notice when old pain arises. Instead of identifying with it, observe it as an energy field. 'Oh, there's my pain-body.' You are not it.

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<sup>03</sup> **Enter the present through the body**

Tolle: whenever you notice yourself lost in thought, come back through the body. Feel your feet on the floor. This is the emergency exit.

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<sup>04</sup> **Practice radical acceptance of this moment**

Tolle: what is happening right now that you are resisting? Can you allow it to be here? The resistance is the pain.

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<sup>05</sup> **Meditate on the watcher**

Tolle: sit for 20 minutes. Watch the thinker. Notice who is watching. The noticing is who you are.

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<sup>06</sup> **Use 'Now' as your spiritual practice**

Tolle: the word 'now' is a portal. When it arises, use it. Pause. Breathe. Come back to the present. This is awakening.