

# Man and His Symbols

by Carl G. Jung

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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

**01 Start a dream journal - record everything you remember within 5 minutes of waking**

Jung: the dream dissipates within minutes of waking as the body heats up. Keep the journal on the nightstand. Capture everything, even fragments.

MON TUE WED THU FRI SAT SUN

**02 Identify your dominant archetype - Hero, Mother, Wise One, Trickster, etc.**

Jung: which story do you most naturally inhabit? Which one do you avoid? Understanding your primary archetype illuminates your path and your blind spots.

MON TUE WED THU FRI SAT SUN

**03 Find someone in your life who triggers a strong negative reaction and ask: what do I not want to see about myself?**

Jung: strong reactions are shadow-signals. The person who irritates you most is often a mirror. Look carefully.

MON TUE WED THU FRI SAT SUN

**04 Explore a symbol that recurs in your life - in dreams, art, coincidence, or memory**

Jung: trace its meaning across cultures, mythology, and your own associations. Symbols accumulate meaning. Follow yours until it speaks.

MON TUE WED THU FRI SAT SUN

**05 Draw or paint something without planning it - let the hand move without the mind directing**

Jung: active imagination is the process of letting the unconscious speak through creative form. It bypasses the censor. It reveals what is hidden.

MON TUE WED THU FRI SAT SUN

**06 Practice sitting with an uncomfortable thought or feeling for 10 minutes without trying to fix it**

Jung: the psyche self-heals when given space. Witness the feeling. Describe it to yourself in third person. Let it complete.