

The Power of Now

by Eckhart Tolle

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 **One Conscious Breath**

Before any transition - opening your phone, entering a meeting, starting a meal - take one full, conscious breath. This single moment of presence interrupts the automatic.

MON TUE WED THU FRI SAT SUN

⁰² **The Now Question**

When anxious or stressed, ask: 'Is there a problem right now, in this actual moment?' Most suffering is future-projection or past-replay. The present is almost always fine.

MON TUE WED THU FRI SAT SUN

⁰³ **Body Scan**

Three times a day, close your eyes and feel the subtle aliveness inside your hands. Can you sense it? That felt presence is always available - it is the Now.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Evening Stillness**

Five minutes before sleep: no phone, no reviewing the day. Sit in stillness. Notice the silence beneath all sound. That silence is always there - you are only remembering it.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Pain Body Watch**

Notice when you become suddenly reactive or emotionally heavy. Name it silently: 'Pain body.' Don't feed it with more thought. Observation without identification begins to dissolve it.