

Tao Te Ching

by Lao-Tzu

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 Identify one area where you are forcing what wants to unfold naturally

Lao Tzu: where in your life are you pushing against the grain? Could you step back and let the situation resolve itself? Often the force you apply is the obstacle.

MON TUE WED THU FRI SAT SUN

02 Practice one full day of non-comparison

Lao Tzu: no benchmarking yourself against others today. Their path is theirs. Yours is yours. The comparison is always apples to oranges.

MON TUE WED THU FRI SAT SUN

03 Sit in silence for 20 minutes with no agenda

Lao Tzu: not meditation as technique - just sitting. Being. Allowing the mind to settle the way water settles when left alone.

MON TUE WED THU FRI SAT SUN

04 Find one situation where you can practice yielding over resisting

Lao Tzu: the bamboo bends in the storm. The rigid oak breaks. Choose one interaction this week where you will yield rather than push.

MON TUE WED THU FRI SAT SUN

05 Simplify one thing that has become unnecessarily complex

Lao Tzu: what has accumulated in your life that no longer serves? A commitment, a possession, a relationship? Simplification is a form of wisdom.

MON TUE WED THU FRI SAT SUN

06 Ask yourself before any action: is this from the ego, or from the self?

Lao Tzu: the ego acts from fear and competition. The self acts from clarity and stillness. The question is rarely 'what should I do' - it's 'who is deciding this?'