

The Kybalion

by Three Initiates

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 **Run a 7-Day Principle Sprint**

Assign one Hermetic principle to each day of the week. Each morning write one sentence: 'Today I will apply [principle] by...' Keep it behavior-specific and measurable.

MON TUE WED THU FRI SAT SUN

- ⁰² **Do a Cause Chain Audit**

Pick one frustrating result in your life and trace five causes backward. Then identify one cause you can intentionally install today. End with: 'New cause, new curve.'

MON TUE WED THU FRI SAT SUN

- ⁰³ **Practice Polarity Shift in Real Time**

When you catch a strong negative state, move one degree toward its opposite instead of forcing a total flip. From resentment to neutrality. From fear to curiosity. Small degrees compound.

MON TUE WED THU FRI SAT SUN

- ⁰⁴ **Use Rhythm-Proof Rituals**

Define one non-negotiable action that happens regardless of mood: 20 minutes of focused work, a walk, or nightly reflection. This is how you stay causal during emotional lows.

MON TUE WED THU FRI SAT SUN

- ⁰⁵ **Build a Correspondence Mirror**

Choose one outer-life problem and ask, 'Where does this pattern exist internally?' Then make one inner and one outer correction in the same 24-hour window.

MON TUE WED THU FRI SAT SUN

- ⁰⁶ **Close Each Day with Mental Transmutation**

Before sleep, write the dominant state of the day and the state you intend to cultivate tomorrow. Name one action that expresses that future state immediately after waking.