

The Power of Your Subconscious Mind

by Joseph Murphy

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 **Write One Nightly Instruction**

Before sleep, write one clear sentence you want the deeper mind to carry overnight. Keep it concrete, positive, and easy to picture. Repeat the same sentence for seven nights.

MON TUE WED THU FRI SAT SUN

⁰² **Turn One Worry Into a Directed Image**

Pick a recurring worry and build the opposite scene in detail: where you are, what you hear, how your body feels when it resolves well. Practice the new image when the worry starts.

MON TUE WED THU FRI SAT SUN

⁰³ **Use the Drowsy Doorway**

For three minutes after getting into bed, avoid your phone and rehearse one chosen outcome with slow breathing. The goal is not intensity. The goal is a clean final impression.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Audit Your Ambient Suggestions**

List the phrases, feeds, rooms, and people that repeatedly tell your subconscious what life is like. Remove one source of defeatist input and replace it with one source of steadier expectation.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Pair an Affirmation With a Body Cue**

Choose a short phrase and pair it with one physical anchor: hand on heart, slower exhale, or feet pressing into the floor. Repeat until the cue starts recalling the state by itself.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Ask a Problem Before Sleep**

State one problem simply before bed, then stop trying to solve it. In the morning, write the first useful thought before checking messages or explaining it away.