

The Silva Mind Control Method

by Jose Silva

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 5-to-1 Descent Tonight**

Before sleep, count down slowly from 5 to 1 and let each number soften the body. Do nothing else. The goal is to become familiar with the shift from busy beta into a quieter training state.

MON TUE WED THU FRI SAT SUN

⁰² **Rehearse One Specific Outcome**

Choose one event this week and project only the solved ending onto your mental screen. Keep it concrete: one room, one action, one felt result rather than a vague life improvement montage.

MON TUE WED THU FRI SAT SUN

⁰³ **Install a Three-Finger Cue**

At the emotional peak of a calm visualization, press thumb, index, and middle finger together. Repeat that pairing for a few days so the gesture starts to mean settled, clear, ready.

MON TUE WED THU FRI SAT SUN

⁰⁴ **Use the Waking Threshold**

Before looking at your phone tomorrow morning, stay still for sixty seconds and picture how you want the day to feel. Silva's method works best before the world starts talking over you.

MON TUE WED THU FRI SAT SUN

⁰⁵ **Trade Verbal Goals for Sensory Detail**

Rewrite one goal as an image. Instead of 'be confident,' picture your posture, your breathing, the first sentence out of your mouth, and the feeling in your chest after it lands well.

MON TUE WED THU FRI SAT SUN

⁰⁶ **Ask One Question Before Sleep**

Take one problem to bed in a single sentence. Then stop thinking about it and let the night work on it. Write down whatever surfaces first in the morning before analysis rushes back in.