21 DAYS · THE 3-6-9 METHOD, WITH ACTION

My 3-6-9 Intention

HARDER

Write it 3, 6 and 9 times a day. Then do one small thing that moves it forward.

MY WISH (ONE ONLY)

Write it as if it's already true, positive and specific: "I run 5 km without stopping."

OUTCOME: HOW WILL IT FEEL?

Picture the best result for 30 seconds.

OBSTACLE: WHAT'S IN MY WAY, INSIDE ME?

Be honest. The thing that usually stops you.

PLAN: IF… THEN…

"If I feel too tired after work, then I put on my shoes and walk for 10 minutes."

MY DAILY ACTION

One small step I can take every day

MY MINIMUM

On hard days: write it once tonight + one tiny action

START DATE

FINISH LINE (DAY 21)

HOW IT WORKS

3. Morning: write your intention 3 times.
6. Afternoon: write it 6 times, then do your daily action.
9. Evening: write it 9 times and note what you did today.

PAGE 2 · PRINT ONE PER DAY

Today's 3-6-9

HARDER

Same words every time. Slow down and mean it.

DAY / DATE

◯ FULL ◯ MINIMUM

Morning · 3

1

2

3

Afternoon · 6

1

2

3

4

5

6

Evening · 9

1

2

3

4

5

6

7

8

9

WHAT I DID TODAY TOWARD IT

WHAT I NOTICED

21 Days of 3-6-9

HARDER

Colour Full (3-6-9 + action) or Minimum (once tonight + one tiny action). Both count.

1	2	3	4	5	6	7
ACTION	ACTION	ACTION	ACTION	ACTION	ACTION	ACTION
◯ FULL ◯ MINIMUM	◯ FULL ◯ MINIMUM	◯ FULL ◯ MINIMUM	◯ FULL ◯ MINIMUM	◯ FULL ◯ MINIMUM	◯ FULL ◯ MINIMUM	◯ FULL ◯ MINIMUM
8	**9**	**10**	**11**	**12**	**13**	**14**
ACTION	ACTION	ACTION	ACTION	ACTION	ACTION	ACTION
◯ FULL ◯ MINIMUM	◯ FULL ◯ MINIMUM	◯ FULL ◯ MINIMUM	◯ FULL ◯ MINIMUM	◯ FULL ◯ MINIMUM	◯ FULL ◯ MINIMUM	◯ FULL ◯ MINIMUM
15	**16**	**17**	**18**	**19**	**20**	**21**
ACTION	ACTION	ACTION	ACTION	ACTION	ACTION	ACTION
◯ FULL ◯ MINIMUM	◯ FULL ◯ MINIMUM	◯ FULL ◯ MINIMUM	◯ FULL ◯ MINIMUM	◯ FULL ◯ MINIMUM	◯ FULL ◯ MINIMUM	◯ FULL ◯ MINIMUM

WHAT CHANGED IN 21 DAYS

MY NEXT STEP