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

Same words every time. Slow down and mean it.

HARDER

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
ACTION
○ FULL
○ MINIMUM

2
ACTION
○ FULL
○ MINIMUM

3
ACTION
○ FULL
○ MINIMUM

4
ACTION
○ FULL
○ MINIMUM

5
ACTION
○ FULL
○ MINIMUM

6
ACTION
○ FULL
○ MINIMUM

7
ACTION
○ FULL
○ MINIMUM

8
ACTION
○ FULL
○ MINIMUM

9
ACTION
○ FULL
○ MINIMUM

10
ACTION
○ FULL
○ MINIMUM

11
ACTION
○ FULL
○ MINIMUM

12
ACTION
○ FULL
○ MINIMUM

13
ACTION
○ FULL
○ MINIMUM

14
ACTION
○ FULL
○ MINIMUM

15
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○ FULL
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16
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○ FULL
○ MINIMUM

17
ACTION
○ FULL
○ MINIMUM

18
ACTION
○ FULL
○ MINIMUM

19
ACTION
○ FULL
○ MINIMUM

20
ACTION
○ FULL
○ MINIMUM

21
ACTION
○ FULL
○ MINIMUM

WHAT CHANGED IN 21 DAYS

MY NEXT STEP