

Blank (fillable) 90-day schedule for the 3-4-5 Program Course Anxietylab.org

3 months of doing 4 activities a day, at least 5 days a week. The main activities are in the 3-4-5 Program LOOP. The rest are on the Member page.

Fill in the activities in each day in whatever way it works for you.

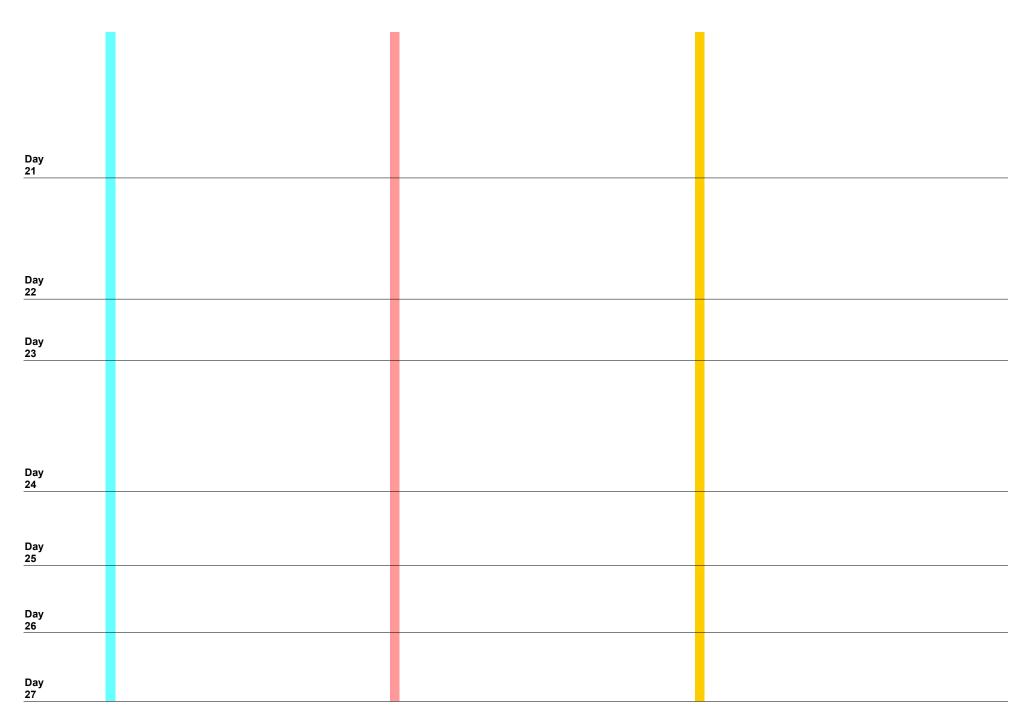
Be sure to do affirmations and journaling every day. Repeating positive statements uses neuroplasticity to change how the brain automatically responds.

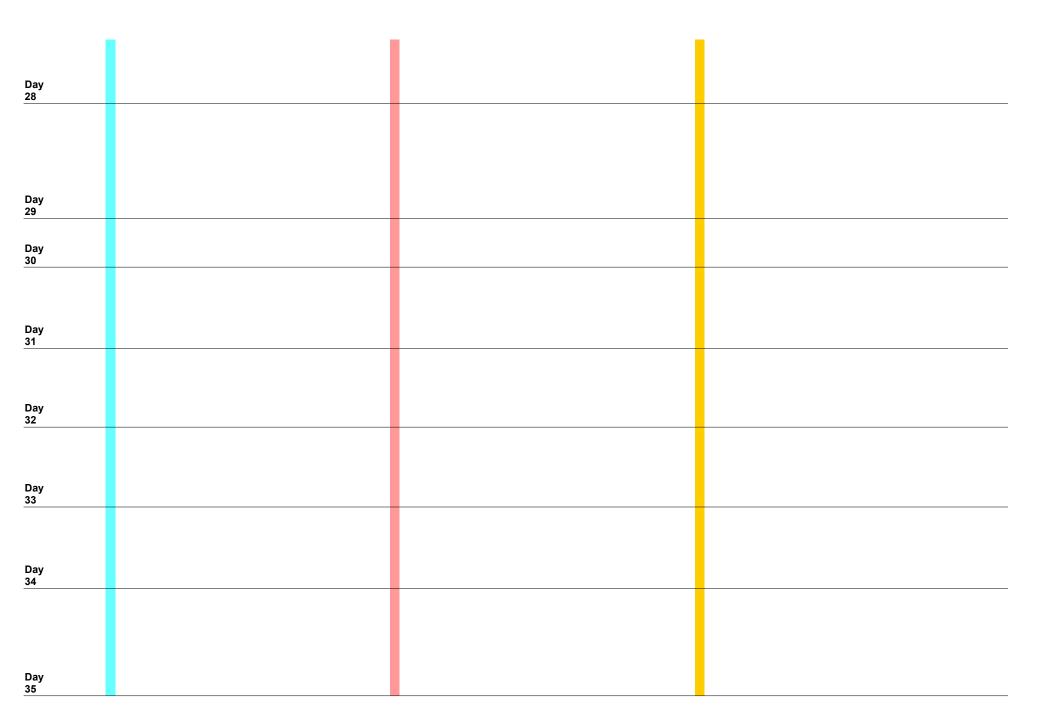
	First part of my day: do both of these		Middle of my day: do ONE of these		Later part of my day: do ONE or more of these	
Day 1	Say affirmations (Can use examples on the Affirmations page until I write my own.)	Deep slow breathing 3 minutes.	Stretch, walk or exercise (15 minutes minimum).	Prayer or meditation (5 minutes). Or	Feel-Write-Shred Write out fears, angry moments, things that trigger me. Then toss it in the trash like mental waste. (20 minutes or more)	
Day 2	Say affirmations to calm the mind and body.	Journaling More in-depth writing to discover what affirmations to write for myself.				

<u>Day 3</u> Day 4	Say affirmations to calm the mind and body.								
Day 5	Say affirmations to calm the mind and body.								
Day 6									
Day 7	Say affirmations to calm the mind and body.	and	Journaling More in-depth writing to discover what affirmations to write for myself.	2 minutes alone for slow deep breathing	or	Prayer or meditation (5 minutes).	Feel-Write-Shred	or	Stretch, walk or exercise (15 minutes minimum).
Day 8	Say affirmations (Start using my own affirmations.)	and							

	Journaling	and	Say my own affirmations
	(More in depth to discover things	anu	(Start re-training the
Day 9	and/or set goals.)		brain to think better or differently.)
Day 10	off		off
	Journaling	and	Say my own affirmations
Dov	(Plan how to put Method #1 into practice.)		(Start re-training the brain to think better or
Day 11	ргаспсе.)		differently.)
	lournaling		Say my own
	Journaling (More in depth to	and	affirmations
Day 12	discover things and/or set goals.)		(Start re-training the brain to think better or different.)
			,
			Say my own
	Journaling	and	affirmations
Day	(More in depth to discover things and/or set goals.)		(Start re-training the brain to think better or
13 13			differently.)
Day 14			

Day 15	Do Journal Exercise #1 "Inventory" on the journaling page.	and	Say my own affirmations (Start re-training the brain to think better or differently.)
	Journaling (More in depth to discover things and/or set goals.)	and	Say my own affirmations (Start re-training the brain to think better or differently.)
Day 16	and/or set godis./		differently.)
Day 17 Day 18			
Day 19			
Day <u>2</u> 0			



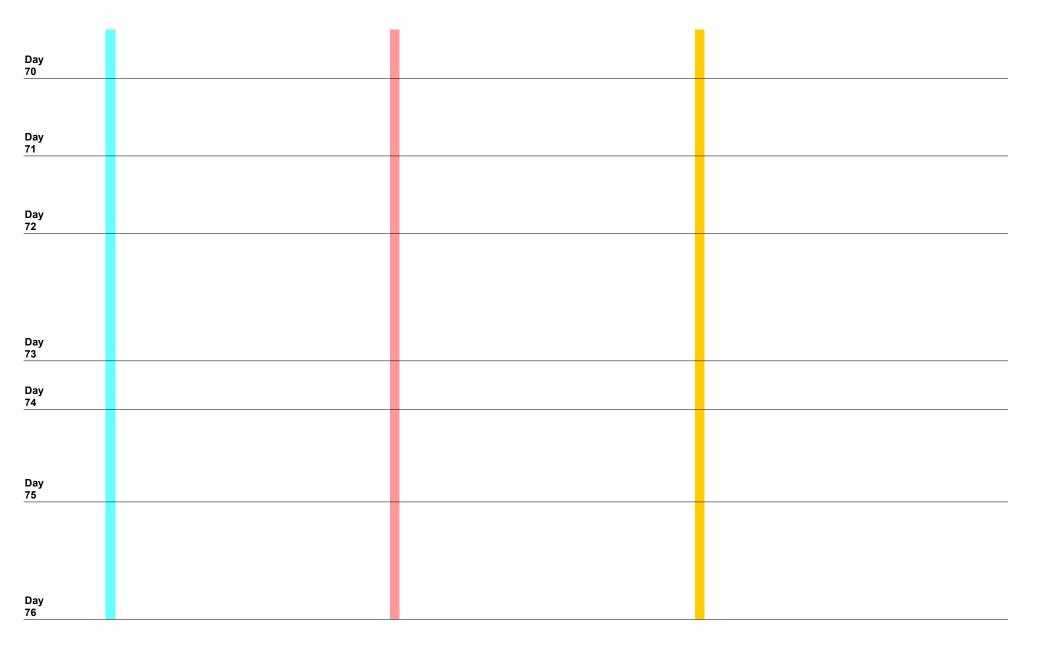


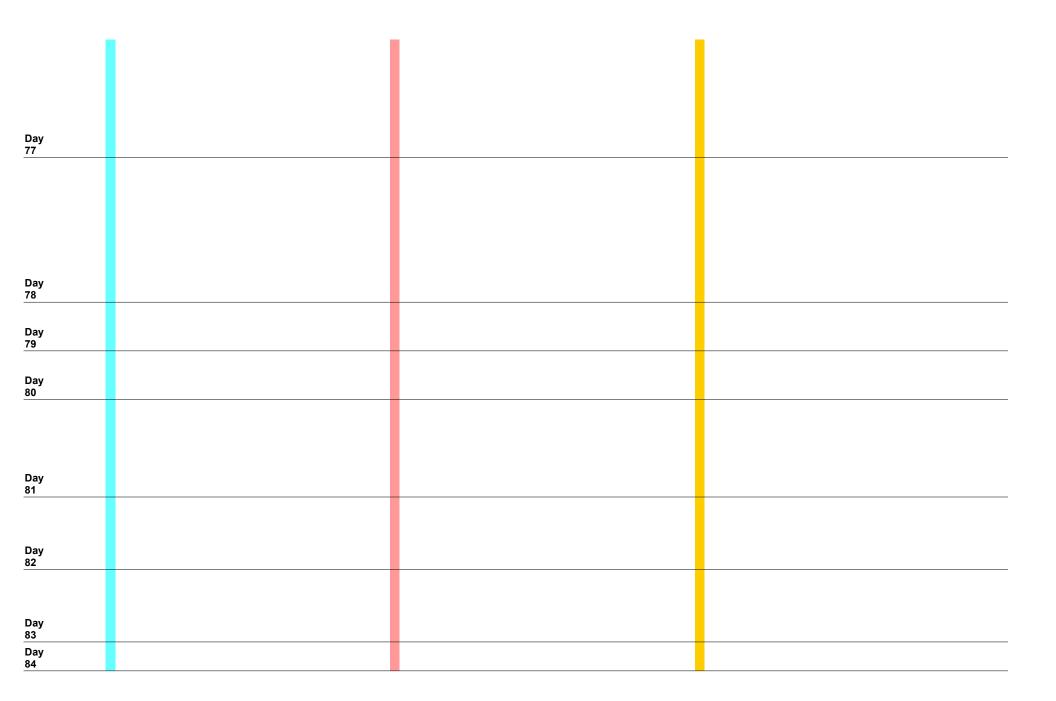












_	_	_
Devi		
Day 85		
Day 86		
86		
Day		
Day 87		
Day 88		
00		
		Self-assessment. Am
		I feeling better? Am I
		solving my problems? Am I
		working toward my
Day 89		goals? Am I having fewer conflicts?
		igwei commets:
Journaling:		Motivation exercise:
How I intend to		visualize, paint or sculpt how I intend
stay healthier and		to stay healthier and
less anxious and Day WHY I want to stay		less anxious and WHY I want to stay
Day WHY I want to stay that way.		that way.