



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

Say affirmations to calm the mind and body.

Day 3

Day 4

Say affirmations to calm the mind and body.

Day 5

Day 6

Journaling

More in-depth writing to discover what affirmations to write for myself.

Say affirmations to calm the mind and body.

and

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 7

Say affirmations
(Start using my own affirmations.)

and

Day 8

Day 9	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 10	off		off	
Day 11	Journaling (Plan how to put Method #1 into practice.)	and	Say my own affirmations (Start re-training the brain to think better or differently.)	
Day 12	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 different.)	
Day 13	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 14				

**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

and

**Say my own
affirmations**

(More in depth to
discover things
and/or set goals.)

(Start re-training the
brain to think better or
differently.)

**Day
15**

**Day
16**

**Day
17**

**Day
18**

**Day
19**

**Day
20**

Day 21			
Day 22			
Day 23			
Day 24			
Day 25			
Day 26			
Day 27			

Day 28			
Day 29			
Day 30			
Day 31			
Day 32			
Day 33			
Day 34			
Day 35			

Day 36			
Day 37			
Day 38			
Day 39			
Day 40			
Day 41			
Day 42			
Day 43			
Day 44			

Day 45			
Day 46			
Day 47			
Day 48			
Day 49			
Day 50			
Day 51			
Day 52			
Day 53			

Day
54Day
55Day
56Day
57

Day 58

Day 59

Day 60

Day 61			
Day 62			
Day 63			
Day 64			
Day 65			
Day 66			
Day 67			
Day 68			
Day 69			

Day 70			
Day 71			
Day 72			
Day 73			
Day 74			
Day 75			
Day 76			

Day 77			
Day 78			
Day 79			
Day 80			
Day 81			
Day 82			
Day 83			
Day 84			

Day 85			
Day 86			
Day 87			
Day 88			
Day 89			Self-assessment. Am I feeling better? Am I solving my problems? Am I working toward my goals? Am I having fewer conflicts?
Day 90	Journaling: How I intend to stay healthier and less anxious and WHY I want to stay that way.		Motivation exercise: visualize, paint or sculpt how I intend to stay healthier and less anxious and WHY I want to stay that way.