



Sample 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.

Move the more in-depth activities to days when you have more time and energy. This schedule has in-depth activities on Saturday and Sunday.

Feel free to move any activity to another day to suit your schedule and preferences, as long as you say affirmations and

write every day. Repeating positive affirmations is how to use neuroplasticity to change the brain's automatic responses.

	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 Sunday	Say affirmations (Can use examples on the Affirmations page until I write my own.)	and Deep slow breathing 3 minutes.	Stretch, walk or exercise (15 minutes minimum).	or Prayer or meditation (5 minutes).	Feel-Write-Shred Write out fears, angry moments, things that trigger me. Then toss it in the trash like mental waste.	or Appreciate beauty: nature or art or music for 10 minutes.
Day 2 Monday	Say affirmations to calm the mind and body.	and Deep slow breathing 3 minutes.	Feel-Write-Shred Write out fears, angry moments, things that trigger me. Then toss it in the trash like mental waste. (5 minutes)	or Prayer or meditation (5 minutes).	Stretch, walk or exercise (15 minutes minimum).	or Appreciate beauty: nature or art or music for 10 minutes.

Day 3 Tuesday	Say affirmations to calm the mind and body.	and	Feel-Write-Shred Write out fears, angry moments, things that trigger me. Then toss it in the trash like mental waste.	Stretch, walk or exercise (15 minutes minimum).	or	Prayer or meditation (5 minutes).	Talisman Activity: Decide on a soothing object or image to use as a protective talisman.	or	Appreciate beauty: nature or art or music for 10 minutes.
Day 4 Wed	off		off	off		off	off		off
Day 5 Thursday	Say affirmations to calm the mind and body.	and	Set first goal: Decide on how calm I want to be and what I'll do when I achieve it. Write it in the journal or draw it.	2 minutes alone for slow deep breathing	or	Feel-Write-Shred	Prayer or meditation (5 minutes).	or	Stretch, walk or exercise (15 minutes minimum).
Day 6 Friday	Say affirmations to calm the mind and body.	and	Deep slow breathing 3 minutes.	Prayer or meditation (5 minutes).	or	Read: "Dealing with Set-Backs" on the Member page.	Feel-Write-Shred	or	Stretch, walk or exercise (15 minutes minimum).
Day 7 Saturday	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 Sunday	Say affirmations (Start using my own affirmations.)	and	Meditation or Prayer (30 minutes)	Draw/paint/sculpt something that will help me be calmer or work out an issue (see Creative Expression page for ideas)			Stretch, walk or exercise (15 minutes minimum).	or	Appreciate beauty: nature or art or music for 10 minutes.

Day 9	Monday	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.)	Stretch, walk or exercise (15 minutes minimum).	or	Prayer or meditation (5 minutes).	Do Method #1 (Anxiety page).	or	Deep slow breathing 3 minutes.
Day 10	Tuesday	off		off	off		off	off		off
Day 11	Wed	Journaling (Plan how to put Method #1 into practice.)	and	Say my own affirmations (Start re-training the brain to think better or differently.)	Feel-Write-Shred	or	Prayer or meditation (5 minutes).	Stretch, walk or exercise (15 minutes minimum).	or	Deep slow breathing 3 minutes.
Day 12	Thursday	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.)	2 minutes alone for slow deep breathing.	or	Prayer or meditation (5 minutes).	Feel-Write-Shred	or	Creative visualization: draw / paint / sculpt something. (See Creative Expression page for ideas.)
Day 13	Friday	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.)	Feel-Write-Shred	or	Prayer or meditation (5 minutes).	Stretch, walk or exercise (15 minutes minimum).	or	Deep slow breathing 3 minutes.
Day 14	Saturday	off		off	off		off	off		off

Day 15	Sunday	Do Journal Exercise #1 "Inventory" on the journaling page.	and	Say my own affirmations (Start re-training the brain to think better or differently.)	2 minutes alone for slow deep breathing.	or	Feel-Write-Shred	Prayer or meditation (5 minutes).	or	Stretch, walk or exercise (15 minutes minimum).
Day 16	Monday	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.)	Feel-Write-Shred	or	Deep breathing or exercise or walk.	Create a new healthier eating plan.	or	Write affirmations on how I intend to develop healthier eating habits.
Day 17	Tuesday	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.)	2 minutes alone for slow deep breathing.	or	Stretch, walk or exercise (15 minutes minimum).	Feel-Write-Shred	or	Appreciate beauty: nature or art or music for 10 minutes.
Day 18	Wed	off		off	off		off	off		off
Day 19	Thursday	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.)	2 minutes alone for slow deep breathing.	or	Stretch, walk or exercise (15 minutes minimum).	Feel-Write-Shred	or	Appreciate beauty: nature or art or music for 10 minutes.
Day 20	Friday	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.)	2 minutes alone for slow deep breathing.	or	Stretch, walk or exercise (15 minutes minimum).	Prayer or meditation (5 minutes).	or	Appreciate beauty: nature or art or music for 10 minutes.

Day 21	Saturday	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.)	2 minutes alone for slow deep breathing.	or	Feel-Write-Shred	Prayer or meditation (5 minutes).	OR	Appreciate beauty: nature or art or music for 10 minutes.
Day 22	Sunday	Do Method #2 (Anxiety page).			Meditation or Prayer (15 minutes)	or	Stretch, walk or exercise (15 minutes minimum).	Journaling Exercise: work on solidifying what I learned in Method #2. How will I put it into practice?		
Day 23	Monday	off		off	off		off	off		off
Day 24	Tuesday	Journaling (Start focusing on goals)	and	Say my own affirmations (Start re-training the brain to think better or differently.)	2 minutes alone for slow deep breathing.	or	Appreciate beauty: nature or art or music for 10 minutes.	Stretch, walk or exercise (15 minutes minimum).	OR	Meditation or Prayer (15 minutes)
Day 25	Wed	Journaling	and	Say affirmations	Deep breathing or exercise or walk.	or	Feel-Write-Shred	Stretch, walk or exercise (15 minutes minimum).	OR	Meditation or Prayer (15 minutes)
Day 26	Thursday	Journaling	and	Say affirmations	Feel-Write-Shred	or	Appreciate beauty: nature or art or music for 10 minutes.	Stretch, walk or exercise (15 minutes minimum).	OR	Meditation or Prayer (15 minutes)
Day 27	Friday	Journaling	and	Say affirmations	Deep breathing or exercise or walk.	or	Appreciate beauty: nature or art or music for 10 minutes.	Stretch, walk or exercise (15 minutes minimum).	OR	Meditation or Prayer (15 minutes)

Day 28	Saturday	Say affirmations	and	Read the Thinking Habits page.	2 minutes alone for slow deep breathing.	or	Appreciate beauty: nature or art or music for 10 minutes.	Feel-Write-Shred	or	Meditation or Prayer (15 minutes)
Day 29	Sunday	Say affirmations	and	Meditation or Prayer (15 minutes)	2 minutes alone for slow deep breathing	or	Appreciate beauty: nature or art or music for 10 minutes.	Creative visualization: draw / paint / sculpt something. (See Creative Expression page for ideas.)	or	Stretch, walk or exercise (15 minutes minimum).
Day 30	Monday	off		off	off		off	off		off
Day 31	Tuesday	Journaling	and	Say affirmations	2 minutes alone for slow deep breathing	or	Read the Metacognition page.	Appreciate beauty: nature or art or music for 10 minutes.	or	Meditation or Prayer (15 minutes)
Day 32	Wed	Journaling	and	say affirmations	Deep breathing or exercise or walk.	or	Appreciate beauty: nature or art or music for 10 minutes.	Find new music to listen to and/or find new movies to watch.		
Day 33	Thursday	Journaling	and	say affirmations	Feel-Write-Shred	or	Stretch, walk or exercise (15 minutes minimum).	Appreciate beauty: nature or art or music for 10 minutes.	or	Meditation or Prayer (15 minutes)
Day 34	Friday	Journaling	and	say affirmations	Deep breathing or exercise or walk.	or	Stretch, walk or exercise (15 minutes minimum).	Appreciate beauty: nature or art or music for 10 minutes.	or	Meditation or Prayer (15 minutes)
Day 35	Saturday	Do Journal Exercise #2 "What is my worldview" on the journaling page.			Deep breathing or exercise or walk.	or	Stretch, walk or exercise (15 minutes minimum).	Creative visualization: draw / paint / sculpt something. (See Creative Expression page for ideas.)		

Day 36	Sunday	off	off	off	off	off	off
Day 37	Monday	Journaling	and say affirmations	Feel-Write-Shred	or Stretch, walk or exercise (15 minutes minimum).	Appreciate beauty: nature or art or music for 10 minutes.	or Meditation or Prayer (15 minutes)
Day 38	Tuesday	Journaling	and say affirmations	Deep breathing or exercise or walk.	or Stretch, walk or exercise (15 minutes minimum).	Do the Thinking Styles Activity (Member page).	
Day 39	Wed	Journaling	and say affirmations	2 minutes alone for slow deep breathing.	or Stretch, walk or exercise (15 minutes minimum).	Appreciate beauty: nature or art or music for 10 minutes.	or Feel-Write-Shred
Day 40	Thursday	off	off	off	off	off	off
Day 41	Friday	Journaling	and say affirmations	Deep breathing or exercise or walk.	or Meditation or Prayer (15 minutes).	Dance, tai chi, walk or other similar movement.	or Appreciate beauty: nature or art or music for 10 minutes.
Day 42	Saturday	Do Method #3 (Member page).	and say affirmations	Appreciate beauty: nature or art or music for 10 minutes.	Feel-Write-Shred	Dance, tai chi, walk or other similar movement.	or Meditation or Prayer (15 minutes)
Day 43	Sunday	Journaling	and say affirmations	Creative visualization: draw / paint / sculpt something. (See Creative Expression page for ideas.)	Feel-Write-Shred	Dance, tai chi, walk or other similar movement.	or Meditation or Prayer (15 minutes)
Day 44	Monday	Journaling	and say affirmations	Deep breathing or exercise or walk.	or Appreciate beauty: nature or art or music for 10 minutes.	Dance, tai chi, walk or other similar movement.	or Meditation or Prayer (15 minutes)

Intermediate activity: **MEDIA DIET.** Try to stay off all social media and news for a day or week or month.

Day 45	Tuesday	and say affirmations	Deep breathing or exercise or walk.	or	Feel-Write-Shred	Dance, tai chi, walk or other similar movement.	or	Meditation or Prayer (15 minutes)
Day 46	Wed	Journaling and say affirmations	Deep breathing or exercise or walk.	or	Appreciate beauty: nature or art or music for 10 minutes.	Dance, tai chi, walk or other similar movement.	or	Meditation or Prayer (20 minutes)
Day 47	Thursday	off	off	off	off	off	off	off
Day 48	Friday	Journaling and say affirmations	2 minutes alone for slow deep breathing	or	Feel-Write-Shred	Dance, tai chi, walk or other similar movement.	or	Meditation or Prayer (20 minutes)
Day 49	Saturday	Journaling and say affirmations	2 minutes alone for slow deep breathing	or	Appreciate beauty: nature or art for 10 minutes.	Do “Muscle Building” activity #1 (Member page).		
Day 50	Sunday	Do Method #4 (Member page). and Feel-Write-Shred	2 minutes alone for slow deep breathing	or	Appreciate beauty: nature or art or music for 10 minutes.	Stretch, walk or exercise (15 minutes minimum).	or	Meditation or Prayer (20 minutes)
Day 51	Monday	Journaling and say affirmations	Feel-Write-Shred	or	Appreciate beauty: nature or art or music for 10 minutes.	Dance, tai chi, walk or other similar movement.	or	Meditation or Prayer (20 minutes)
Day 52	Tuesday	Journaling and say affirmations	2 minutes alone for slow deep breathing	or	Appreciate beauty: nature or art or music for 10 minutes.	Feel-Write-Shred	or	Meditation or Prayer (20 minutes)
Day 53	Wed	off	off	off	off	off	off	off

Day 54	Thursday	Journaling	and say affirmations	Appreciate beauty: nature or art or music for 10 minutes.	or	Stretch, walk or exercise (15 minutes minimum).	Feel-Write-Shred	or	Meditation or Prayer (20 minutes)
Day 55	Friday	Journaling	and say affirmations	Feel-Write-Shred	or	Stretch, walk or exercise (15 minutes minimum).	Creative visualization: draw / paint / sculpt something. (See Creative Expression page for ideas.)		
Day 56	Saturday	Creative visualization: draw / paint / sculpt something. (See Creative Expression page for ideas.)	and say affirmations	2 minutes alone for slow deep breathing	or	Stretch, walk or exercise (15 minutes minimum).	Do Method #5 (Member page).		
Day 57	Sunday	Journaling	and say affirmations	Stretch, walk or exercise (15 minutes minimum).	or	Feel-Write-Shred	Appreciate beauty: nature or art or music for 10 minutes.	or	Meditation or Prayer (20 minutes)
Day 58	Monday	off	off	off		off	off		off
Day 59	Tuesday	Creative visualization: draw / paint / sculpt something. (See Creative Expression page for ideas.)	and say affirmations	Meditation (5 minutes)	or	Appreciate beauty: nature or art or music for 10 minutes.	Stretch, walk or exercise (15 minutes minimum).	or	Feel-Write-Shred
Day 60	Wed	Journaling	and say affirmations	Feel-Write-Shred	or	Appreciate beauty: nature or art or music for 10 minutes.	Dance, tai chi, walk or other similar movement.	or	Meditation or Prayer (20 minutes)

Day 61	Thursday	Journaling	and say affirmations	Stretch, walk or exercise (15 minutes minimum).	or	Appreciate beauty: nature or art or music for 10 minutes.	Do “Muscle Building” activity #2 (Member page).	or	Meditation or Prayer (20 minutes)
Day 62	Friday	Journaling	and say affirmations	Feel-Write-Shred	or	Appreciate beauty: nature or art or music for 10 minutes.	Dance, tai chi, walk or other similar movement.	or	Meditation or Prayer (25 minutes)
Day 63	Saturday	Journaling	and say affirmations	Meditation or Prayer (15 minutes)	or	Appreciate beauty: nature or art or music for 10 minutes.	Stretch, walk or exercise (15 minutes minimum).	or	Feel-Write-Shred
Day 64	Sunday	Do Method #6 (Member page).		Appreciate beauty: nature or art or music for 10 minutes.	or	Dance, tai chi, walk or other similar movement.	2 minutes alone for slow deep breathing.	or	Meditation or Prayer (25 minutes)
Day 65	Monday	off	off	off		off	off		off
Day 66	Tuesday	Journaling	and say affirmations	Feel-Write-Shred	or	Appreciate beauty: nature or art or music for 10 minutes.	Stretch, walk or exercise (15 minutes minimum).	or	Meditation or Prayer (25 minutes)
Day 67	Wed	Journaling	and say affirmations	Meditation or Prayer (15 minutes)	or	Appreciate beauty: nature or art or music for 10 minutes.	Dance, tai chi, walk or other similar movement.	or	Stretch, walk or exercise (15 minutes minimum).
Day 68	Thursday	Journaling	and say affirmations	2 minutes alone for slow deep breathing.	or	Appreciate beauty: nature or art or music for 10 minutes.	Dance, tai chi, walk or other similar movement.	or	Meditation or Prayer (25 minutes)
Day 69	Friday	off	off	off		off	off		off

Day 70	Saturday	off	off	off	off	off	off
Day 71	Sunday	Do Method #7 (Member page).	and say affirmations	Feel-Write-Shred	or Appreciate beauty: nature or art or music for 10 minutes.	Stretch, walk or exercise (15 minutes minimum).	or Meditation or Prayer (25 minutes)
Day 72	Monday	Journaling	and say affirmations	2 minutes alone for slow deep breathing.	or Appreciate beauty: nature or art or music for 10 minutes.	Stretch, walk or exercise (15 minutes minimum).	or Meditation or Prayer (25 minutes)
Day 73	Tuesday	Journaling	and say affirmations	2 minutes alone for slow deep breathing.	or Feel-Write-Shred	Creative visualization: draw / paint / sculpt how I intend to make Method #7 work for me.	
Day 74	Wed	off	off	off	off	off	off
Day 75	Thursday	Journaling	and say affirmations	Meditation or Prayer (15 minutes)	or Appreciate beauty: nature or art or music for 10 minutes.	Dance, tai chi, walk or other similar movement.	or Feel-Write-Shred
Day 76	Friday	Journaling	and say affirmations	Creative visualization: draw / paint / sculpt something. (See Creative Expression page for ideas.)	or Appreciate beauty: nature or art or music for 10 minutes.	Stretch, walk or exercise (15 minutes minimum).	or Meditation or Prayer (30 minutes)

Day 77	Saturday	Take Thinking Styles Quiz (Member page).	and say affirmations	2 minutes alone for slow deep breathing.	or	Appreciate beauty: nature or art or music for 10 minutes.	Dance, tai chi, walk or other similar movement.	or	Meditation or Prayer (30 minutes)
Day 78	Sunday	Creative visualization: draw / paint / sculpt something. (See Creative Expression page for ideas.)		Feel-Write-Shred	or	Appreciate beauty: nature or art or music for 10 minutes.	Dance, tai chi, walk or other similar movement.	or	Meditation or Prayer (30 minutes)
Day 79	Monday	off	off	off		off	off		off
Day 80	Tuesday	Journaling	and say affirmations	2 minutes alone for slow deep breathing.	or	Feel-Write-Shred	Dance, tai chi, walk or other similar movement.	or	Meditation or Prayer (30 minutes)
Day 81	Wed	Journaling	and say affirmations	2 minutes alone for slow deep breathing.	or	Appreciate beauty: nature or art or music for 10 minutes.	Do "Muscle Building" activity #3 (Member page).	or	Meditation or Prayer (30 minutes)
Day 82	Thursday	Journaling	and say affirmations	Stretch, walk or exercise (15 minutes minimum).	or	Appreciate beauty: nature or art or music for 10 minutes.	Stretch, walk or exercise (15 minutes minimum).	or	Meditation or Prayer (30 minutes)
Day 83	Friday	Journaling	and say affirmations	2 minutes alone for slow deep breathing.	or	Appreciate beauty: nature or art or music for 10 minutes.	Feel-Write-Shred	or	Meditation or Prayer (30 minutes)
Day 84	Saturday	off	off	off		off	off		off

Day 85	Sunday	Do Method #8 (Member page).	and say affirmations	Feel-Write-Shred	or	Appreciate beauty: nature or art or music for 10 minutes.	Creative visualization: What my new calmer life looks like and how much calmer will it be in the future.
Day 86	Monday	Journaling	and say affirmations	2 minutes alone for slow deep breathing.	or	Appreciate beauty: nature or art or music for 10 minutes.	Stretch, walk or exercise (15 minutes minimum). Meditation or Prayer (30 minutes)
Day 87	Tuesday	Journaling	and say affirmations	2 minutes alone for slow deep breathing.	or	Feel-Write-Shred	Dance, tai chi, walk or other similar movement. Meditation or Prayer (30 minutes)
Day 88	Wed	Journaling	and say affirmations	2 minutes alone for slow deep breathing.	or	Appreciate beauty: nature or art or music for 10 minutes.	Stretch, walk or exercise (15 minutes minimum). Feel-Write-Shred
Day 89	Thursday	Journaling	and say affirmations	Prayer or meditation (5 minutes).	or	Appreciate beauty: nature or art or music for 10 minutes.	Self-assessment. Am I feeling better? Am I solving my problems? Am I working toward my goals? Am I having fewer conflicts?
Day 90	Friday	Journaling: How I intend to stay healthier and less anxious and WHY I want to stay that way.	and say affirmations	2 minutes alone for slow deep breathing.	or	Appreciate beauty: nature or art or music for 10 minutes.	Motivation exercise: visualize, paint or sculpt how I intend to stay healthier and less anxious and WHY I want to stay that way.