

# The 369 Method

*33-day printable tracker*

One intention. Three in the morning, six in the afternoon, nine at night. Tick each round as you go. Miss a day? Carry on from the next morning - do not restart from day one.

**My intention (present tense):**

Free from [369methodapp.com](https://369methodapp.com) | Whyteboard | Shyne iOS: [apps.apple.com/app/id6776126970](https://apps.apple.com/app/id6776126970)

## Example affirmations (adapt these)

Present tense, short, believable. Swap the details for yours. Full list:  
[369methodapp.com/guides/369-method-examples](https://369methodapp.com/guides/369-method-examples)

### Money & work

- "I earn enough to pay every bill without checking twice."
- "I am debt-free and calm about money."
- "Money comes to me easily, and I handle it well."
- "I earn \$8,000 a month doing work I am proud of."

### Love & relationship

- "I am in a loving, steady relationship with someone who chooses me."
- "My relationship is warm, honest, and safe."
- "I am easy to love, and I love easily."

### Specific person (connection-framed)

- "Things between me and \_\_\_\_ are easy and honest."
- "I show up calmly and kindly with \_\_\_\_."
- "I am in a relationship that feels the way I wanted that one to feel."

### Health, confidence, home, exams

- "I am strong, well, and at home in my body."
- "I sleep deeply and wake up rested."
- "I trust myself and I act on it."
- "I am settled and calm in my new home."
- "I study clearly and sit my exams with a steady mind."

# 33-day tracker

Tick Morning (3), Afternoon (6), Night (9). If you miss a round, note it and keep going.

| Day | Morning 3 | Afternoon 6 | Night 9 | Notes |
|-----|-----------|-------------|---------|-------|
| 1   |           |             |         |       |
| 2   |           |             |         |       |
| 3   |           |             |         |       |
| 4   |           |             |         |       |
| 5   |           |             |         |       |
| 6   |           |             |         |       |
| 7   |           |             |         |       |
| 8   |           |             |         |       |
| 9   |           |             |         |       |
| 10  |           |             |         |       |
| 11  |           |             |         |       |
| 12  |           |             |         |       |
| 13  |           |             |         |       |
| 14  |           |             |         |       |
| 15  |           |             |         |       |
| 16  |           |             |         |       |
| 17  |           |             |         |       |
| 18  |           |             |         |       |
| 19  |           |             |         |       |
| 20  |           |             |         |       |
| 21  |           |             |         |       |
| 22  |           |             |         |       |
| 23  |           |             |         |       |
| 24  |           |             |         |       |

33-day tracker (continued)

| Day | Morning 3 | Afternoon 6 | Night 9 | Notes |
|-----|-----------|-------------|---------|-------|
| 25  |           |             |         |       |
| 26  |           |             |         |       |
| 27  |           |             |         |       |
| 28  |           |             |         |       |
| 29  |           |             |         |       |
| 30  |           |             |         |       |
| 31  |           |             |         |       |
| 32  |           |             |         |       |
| 33  |           |             |         |       |

## When the paper starts to slip

Most cycles do not fail from disbelief. They fail because the afternoon round has no natural anchor and gets forgotten. A journal is excellent for presence. An app is better at remembering.

Shyne (iOS) runs the 369 method as a guided practice: speak or write, stages unlock 3 then 6 then 9, reminders for all three slots, recordings stay on your device.

[apps.apple.com/app/id6776126970](https://apps.apple.com/app/id6776126970)

Guides: [369methodapp.com/guides](https://369methodapp.com/guides)

Examples