The 3-3-3 reset

SHEET ONE: THE FRIDGE, THE LOCKER, THE CAR

THE 3-3-3

Movement: three minutes

Breath: three minutes, in for four and out for six

Swaps: three a day

Small enough that a bad shift cannot take it.

MINIMUM VERSION

1 minute of movement

1 slow minute of breathing

1 swap

This is the whole thing on a bad day, and it counts.

THE TWO RULES THAT SAVE IT

Never twice: miss one day and nothing happens.

Two percent: scale the movement to the tank you have.

ONE HONEST LINE

Write the line you need on a bad Tuesday.

Thirty days

SHEET TWO: ONE BOX A DAY, A RECORD NOT A COURTROOM

THE 30 DAY SHEET

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30

MY THREE SWAPS

1. _____

2. _____

3. _____

Three. Not nine.

WHERE I MOVE FOR THREE MINUTES

The stairs. The kitchen. The car park.

The corridor. The garden. The landing.

Circle the one that survives a bad week.

The week and the handover

SHEET THREE: TEN MINUTES ON A SUNDAY

THE SHIFT WEEK

DAY	SHIFT	MOVE	BREATHE
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

THE HANDOVER

What is working:

_____

What keeps going wrong:

_____

One instruction for a bad day:

_____