FREE SAMPLE · DAY ONE OF THIRTY

The 3-3-3 Reset

Three minutes of movement. Three minutes of breathing. Three food swaps a day.

Right. This is the whole first day, exactly as it appears in the workbook, and I have not trimmed anything to make it look better than it is. If day one feels too small to be worth doing, that is the point, and you will either find that reassuring or insulting.

Day 1 · The Three Minute Rule

Three minutes of movement today, before you let yourself sit down for the evening. Set the timer. When it stops, you stop, even if you are enjoying it. Walking up and down the stairs counts. So does dancing in the kitchen with the radio on, and so does stretching on the floor while the kettle boils.

Why it works: the habit gets built by the repetition, not by how impressive the session is.

☐ Done today ☐ Movement ☐ Breath ☐ Swaps

What did the three minutes actually look like today?

THE CARD FOR THE FRIDGE

THE 3-3-3

Movement: three minutes
Breath: three minutes, in for four and out for six
Swaps: three a day

Minimum version: one minute of movement, one slow minute of breathing, one swap.

Small enough that a bad shift cannot take it.

WHAT YOU GET IN THE FULL WORKBOOK

Thirty days, one page each

Fifty eight pages. Thirty named rules, one a day, each with its own ticks and somewhere to write what actually happened. Written on nine years of night shifts and tested on a ward full of nurses who had thirty seconds to read it before handover.

Inside

The letter. The page on why the mechanism is boring, which is why it works. The two scores you take before you start and again on day thirty. The failure page, to read before you need it. The page for people whose week does not look like anybody else's.

The thirty days: the Three Minute Rule, the Fridge Card Rule, the Doorway Breath, the One Swap Rule, the Bad Shift Clause, the Night Shift Inversion, the Rubbish Day Rule, the Never Twice Rule, and the rest.

The working pages at the back: the whole method on one page, twenty four swaps that are all ordinary food, twelve three minute ways to move with no equipment, the three breath patterns, the shift week planner, and the handover page.

Plus the printable sheets: the 3-3-3 card, the thirty day sheet, the minimum version card, the two rules that save it, the five things you are keeping, and a card for the one honest line you need on a bad Tuesday.

Three formats, one price

PDF for printing and reading anywhere. An interactive version that remembers your ticks, your notes and your scores, with a three minute timer built in, and works on a phone, a tablet and a laptop with no app and no internet. And the printable sheets on A4.

Seven dollars. Two coffees. Yours to keep.

Thirty days of three minutes, and the cards for the fridge. If it is not for you, ask and it is refunded, no interrogation.

[LINK: put the product page address here]