DAY 3

Activation

You'll feel it



Today you stop rehearsing the scene you fear and start rehearsing the one you want. On purpose. Every night.

Three protocols: a six-minute breath that calms your body, the End Scene you'll fall asleep in, and the Sentence Stairs, so your affirmations stop bouncing.

1. Watch the masterclass
2. Do today's protocols
3. Read the examples for your theme
4. Keep going in the app

1 Masterclass · The Heart Celebration



Your 15-minute masterclass

Why your scene never worked (you watched it from the outside, then checked). The End Scene: one short moment from after, lived through your own eyes, every night. And why "I'm a millionaire" bounces while "I'm learning how money works" sticks.

When the video ends: go to today's protocols ↓ *(Protocol 05: The Calm Breath · Protocol 06: The End Scene · Protocol 07: The Sentence Stairs)*

2 Today's protocols



PROTOCOL 05

The Calm Breath

⏱ 6 minutes 📌 Every morning, and right before your scene tonight.

Your scene can't land in a body that's in alarm mode. First, you calm the body.

Slow breathing, about six breaths a minute, is one of the best-studied ways to bring your body down from stress. Your heart rhythm smooths out. Your shoulders drop. Then you add one warm feeling on purpose. That's the state where your scene works best.

The steps

1. **Sit or lie down.** Phone on silent, face down. Feet on the floor or flat on the bed.
2. **Hand on your chest.** Feel it move. That's where you put your attention for six minutes.
3. **Breathe in for 5, out for 5.** Slow and quiet, through the nose if you can. About six breaths a minute. If 5 is too long, start at 4.
4. **Add one warm feeling.** After two minutes, think of someone or something you're grateful for. Let the warmth sit in your chest. Keep breathing.

5 **End with your feeling.** Last minute: say your Target Card feeling once, quietly. "Safe." "Enough." "Free."



6:00

In for 5, out for 5. Hand on your chest.

Your card *saved on this device*

What I'll think of for the warm feeling

How I felt after (1-10, before → after)

Sam's morning breath

- 6:50 a.m., kitchen chair, hand on chest.
- In 5, out 5. Minute 3: his little brother laughing at his bad jokes.
- Last minute: "Safe." Before: 3/10. After: 6/10. "I didn't do 4 a.m. math today."

Done when...

Six minutes, slow breathing, hand on chest.

One warm feeling added on purpose.

You noted before and after.

It's practice, not magic

Some days it feels great, some days it feels like nothing. Do it anyway. Like any practice, the effect builds over weeks.



PROTOCOL 06

The End Scene

10 minutes · every night

Tonight in bed. Then every night.

Most people watch their scene from the outside, like a movie. Then they open their eyes and check. That's the Loop.

The End Scene is one short moment that could only happen after you got what you want, lived through your own eyes, every night before you fall asleep. Same scene. Every night.

The steps

1. **Take your Target Card.** Look at the feeling.
2. **Pick a moment from after.** A week or a month after you have it. Not the big moment. The ordinary moment that proves it already happened.
3. **Fill in five lines.** Where (one place). Who (one or two people). One line (a short sentence someone says). One touch (something you physically feel). The feeling (from your card).
4. **Play it like a loop.** Line, touch, feeling. Ten seconds a round. Mind wanders? Bring it back like a puppy to its bed. No yelling.
5. **Fall asleep in it.** Phone across the room. Three slow breaths. Five to ten minutes in the scene. And never open your eyes to check.

Your card *saved on this device*

Where

Who

One line

One touch

The feeling

Chloe's End Scene

- *Where: her kitchen, a Sunday morning.*
- *Who: her best friend.*
- *Line: "You seem lighter these days."*
- *Touch: the warm mug in her hands.*
- *Feeling: enough. She fell asleep on round six.*

Done when...

Your scene fits in five lines.

It happens after, not at the big moment.

You see it through your own eyes.

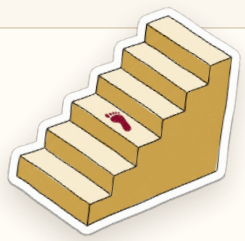
Phone across the room tonight.

Frequency beats length

Ten minutes every night beats one hour on Sunday. Add six 30-second flashes during the day, for example before you open an app.

PROTOCOL 07

The Sentence Stairs



⏱ 15 minutes · 2 minutes a day

📌 Today. Then five times morning and night.

Affirmations bounce when they're too far from what you believe. You say "I'm rich" and a little voice says "yeah, right." That's an argument. You lose it a hundred times a day.

The Sentence Stairs are a staircase of sentences from where you are to where you want to be. You only ever say the highest step you can believe today.

The steps

1. **Write the bottom step.** The worst thing you tell yourself about this. Usually your setting from Day 2, with "always" or "never" in it.
2. **Write the top step.** Where you want to end up. This can be big.
3. **Fill in five steps between them.** Each one a little higher than the last.
4. **Run the Argue Test on each step.** Say it slowly, out loud. "Yeah, right" = too far. "Hmm... maybe" = your zone. Nothing = already true.
5. **Say your step five times, morning and night.** The highest step that got a "hmm, maybe." Write it where you'll see it three times a day.

Your card *saved on this device*

Bottom step

Steps 2 to 6

Top step

My step for this week (passed the Argue Test)

Sam's Sentence Stairs

- 1: I'm broke and I always will be. · 2: I'm broke right now. · 3: Lots of people have been where I am and got out.
- 4: I'm learning how money works. · 5: I'm someone who knows his numbers. · 6: I handle money well. · 7: Money comes to me easily.
- Argue Test: step 5 got "yeah, right." His step this week: 4.

Done when...

Seven steps, from the worst to the best.

You ran the Argue Test from the bottom up.

Your step is written somewhere you'll see it.

Five rules for a good sentence

Present tense. Say what you want, not what you don't. One breath long. Process beats result. And it has to sound like you.

3 Examples · End Scene + this week's step

Thirty-six End Scenes with the sentence that goes with them. Notice: they're all small, ordinary moments. That's what makes them believable.



Love & relationships

> Nobody can make another person love them, and nobody should try. The love examples are about wanting someone with an open hand: you work on what's yours (your feeling, your actions), and you leave the other person free.

The ex who went quiet

SCENE

Her kitchen, Sunday. Her best friend: "You seem lighter these days." The warm mug.

FEELING

enough

STEP

I'm someone who keeps her word to herself.

Single for four years

SCENE

A restaurant. Someone across the table: "Same time next week?" Her coat on the chair.

FEELING

chosen

STEP

I'm getting better at letting people know me.

The marriage on autopilot

SCENE

Their couch, 10 p.m. He says: "Tell me more." His hand on her ankle.

FEELING

seen

STEP

I ask real questions and I get real answers.

After the divorce

SCENE

A café terrace. Someone laughing at his story. The cold glass.

FEELING

alive

STEP

My life is opening up again.

The specific person, open hand

SCENE

Her desk, a quiet evening. Her own voice: "Whatever happens, I'm okay." The pen in her hand.

FEELING

at peace

STEP

I can want him and still be fine.

Friendship that faded

SCENE

A picnic. A friend: "I'm so glad you called." The grass under her hands.

FEELING

belonging

STEP

I'm someone who reaches out first.



Money

The rent

SCENE

His bank app on the 5th, rent paid. His roommate: "All good?" "All good." His thumb closing the app.

FEELING

safe

STEP

I'm learning how money works.

The freelance famine

SCENE

Her desk, Monday. Her calendar full. She says: "I'm booked until March." The keyboard under her fingers.

FEELING

free

STEP

Good clients find me when I show my work.

The debt

SCENE

Her kitchen table, envelope open. "Balance: 0.00." The paper in her hand.

FEELING

light

STEP

I'm paying it down, every month.

The raise

SCENE

Her manager's office. "You've earned it." The handshake.

FEELING

respected

STEP

My work has value and I can show it.

The house

SCENE

Their own front door. His partner: "Welcome home." The key turning.

FEELING

rooted

STEP

We're saving every month, on purpose.

The business launch

SCENE

Her phone buzzing: "New order." Her partner: "Again?" The coffee cup.

FEELING

proud

STEP

Every day, I get better at selling what I make.



Work, career & exams

The design school

SCENE

A studio, first week. A teacher: "That's a strong idea." The pencil in her hand.

FEELING

good enough

STEP

I'm someone who draws every day.

The promotion

SCENE

A team meeting. Someone: "What do you think?" Her notebook open.

FEELING

heard

STEP

My ideas are worth saying out loud.

The job interview

SCENE

His new office, day three. A colleague: "Lunch?" His badge in his pocket.

FEELING

light

STEP

I'm prepared, and I'm getting better at telling my story.

The career change

SCENE

Her first client. "Thank you, that really helped." The chair under her.

FEELING

meaningful

STEP

I'm becoming someone who helps for a living.

The exam

SCENE

Results day, laptop open. His mother: "So?" His hands on the table, calm.

FEELING

proud

STEP

I study a little every day, and it adds up.

The first show

SCENE

A gallery wall with her painting. A stranger: "Who made this?" The glass of wine.

FEELING

legitimate

STEP

I'm an artist who shows her work.



Body & self-image

The party

SCENE

A friend's party. Someone: "Where did you get that jacket?" The bottle in his hand.

FEELING

relaxed

STEP

Some people find me attractive. I don't have to know who.

The photos

SCENE

Her nephew's birthday. "Auntie, get in the picture!" Her arm around him.

FEELING

present

STEP

I deserve to be in the photos.

The skin

SCENE

The bakery, no makeup. The baker: "See you tomorrow." The warm bread.

FEELING

free

STEP

Most people are busy thinking about themselves.

The beach

SCENE

The water at her knees. Her daughter: "Come in, Mom!" The cold waves.

FEELING

present

STEP

My body is for living, not for hiding.

The strength

SCENE

The gym, a new personal best. His friend: "Nice!" The bar in his hands.

FEELING

solid

STEP

I get a bit stronger every week.

After the baby

SCENE

A walk alone, 20 minutes. Her own voice: "Hi, me." The wind on her face.

FEELING

myself

STEP

I'm a mom and I'm still me.



Health & well-being

The health examples are about calm, sleep, habits and following your care. Nothing here replaces a doctor. Your thoughts didn't cause an illness, and thinking alone won't cure one. Use this to feel steadier and act better. And keep your medical follow-up. Always both, never one instead of the other.

The sleep

SCENE

Her bed, 7 a.m., alarm off. Her son: "You're in a good mood." The warm blanket.

FEELING

calm

STEP

I protect my evenings, and my sleep gets better.

The anxiety

SCENE

The metro, seated. His brother on the phone: "See you there." The rail in his hand.

FEELING

safe

STEP

My body can learn that it's safe.

The energy

SCENE

A Saturday market at 9 a.m. Her friend: "You look rested!" The basket in her hand.

FEELING

alive

STEP

I give my body what it needs, a bit more every day.

Quitting smoking

SCENE

A walk with his grandson. "Grandpa, race me!" The small hand in his.

FEELING

present

STEP

I'm someone who's quitting, one day at a time.

Living with the pain

SCENE

Her desk, end of a good day. A colleague: "Thanks for today." The cushion behind her back.

FEELING

capable

STEP

I take care of my body, and it helps me back.

The recovery

SCENE

A mountain path. His son: "You're faster than me!" The poles in his hands.

FEELING

strong

STEP

Every rehab day counts.



Confidence & self-worth

Speaking up

SCENE

A meeting room. Her boss: "Good point." Her pen tapping the notebook.

FEELING

I count

STEP

When I speak, people listen.

Saying no

SCENE

Her Sunday morning, phone off. Her own voice: "This day is mine." The book on her lap.

FEELING

respected

STEP

I can say no and stay kind.

The impostor

SCENE

His Friday wins list. A colleague: "Couldn't have done it without you." The pen in his hand.

FEELING

legitimate

STEP

I'm good at this and still learning.

Being visible

SCENE

Her phone: a message, "Your post made my day." The couch under her.

FEELING

allowed

STEP

I'm allowed to share what I make.

The family table

SCENE

Sunday lunch. Her father passes the bread. No argument. The warm plate.

FEELING

at peace

STEP

I can make my own choices and stay close to them.

Moving abroad

SCENE

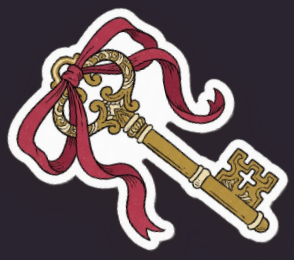
A Lisbon tram. He orders coffee in Portuguese. The paper cup.

FEELING

free

STEP

I'm someone who learns a little every day.



Use the guided breath and your scene in the app

Six-minute breath timer, your scene written in five lines, and a bedtime reminder to put the phone away.

Tomorrow: the 3D will push back. A text that doesn't come, a bill, a bad photo. You'll learn what to do in the first two minutes.

This program is educational. It is not medical, psychological or financial advice, and it does not replace a professional. If you're struggling, reach out to a doctor or a local helpline.