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The 33-Day 369 Method Workbook

*Three lines in the morning. Six in the afternoon.
Nine before sleep. One sentence, thirty-three days.*

3

MORNING

6

AFTERNOON

9

BEFORE SLEEP

A complete practice manual and writing workbook: the origins of the method, how to build a sentence that holds, thirty-three dated day sheets, a completion grid and a closing review.

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What the 369 method actually is

You choose one sentence describing what you want as though it is already yours. You write that same sentence three times when you wake, six times in the middle of the day and nine times in the last quiet stretch before sleep. You do that every day for thirty-three days without changing a word.

That is the whole method. There is nothing to buy, nothing to chant and no correct posture. What makes it work — when it works — is not the arithmetic. It is that you have handed your attention the same instruction eighteen times a day, at three points when the mind is most porous, for long enough that it stops being a wish you are making and becomes a fact you are carrying.

WHERE THE THREE, SIX AND NINE COME FROM

The numbers are popularly traced to Nikola Tesla, who is said to have remarked that if you understood the magnificence of three, six and nine you would have a key to the universe. Tesla never described a writing practice, and we will not pretend he did. What the numbers give you is a rising shape to the day: a light touch on waking, a firmer one at midday, and the heaviest repetition placed where it matters most.

WHERE THE WORKING PART COMES FROM

The mechanism the method borrows is much older and much better documented. Neville Goddard taught that an assumption held in the drowsy state just before sleep impresses itself on the subconscious more readily than the same assumption held at noon. He called that state the door. The nine evening lines exist to walk you up to that door with one sentence in your hand.

Florence Scovel Shinn contributed the other half: the written word as a decree. In *The Game of Life and How to Play It* she has her students write and speak fixed statements rather than improvise new ones, on the grounds that a wavering word produces a wavering result. That is why this workbook asks you to write the same sentence for thirty-three days rather than a fresh one each morning.

Both writers are in the public domain. You can read Shinn in full in our source archive at realitymanuscript.com/archive, and Neville's lectures are widely available online.

Why the day is shaped 3 — 6 — 9

Each set does a different job. Treat them as three different appointments rather than eighteen identical lines to be cleared as fast as possible.

THREE · ON WAKING

Written before your phone, before the news, before anyone asks you for anything. The first thought of the day sets the frame every later thought is measured against. Three lines is deliberately small: it has to be short enough that you will still do it on a bad morning.

SIX · MIDDAY

This is the corrective set. By the middle of the day the world has offered you plenty of evidence that your sentence is not true — the bank balance, the silent phone, the aching back. Six lines, written slowly, put the assumption back in front of you while the contradiction is still fresh.

NINE · THE LAST THING BEFORE SLEEP

The longest set, placed at the threshold Neville treated as the most impressionable moment of the day. Write the nine lines in bed or just before it. Then close the book and do not scroll. Let the sentence be the last thing that crossed your mind.

HOW TO WRITE, NOT JUST WHAT

- Write by hand. The slowness is the point; typing outruns feeling.
- Read each line in your head as you write it, as a statement of fact, not a request.
- Pause on the last line of each set and hold the feeling for ten seconds. That ten seconds is worth more than the eighteen lines.
- If your attention wandered through a whole set, do not rewrite it. Note it and carry on.

WHEN THE DAY GOES WRONG

You missed a set.

Write it late if there is still time, otherwise leave the line blank. A blank line is data. Restarting the count is the single most common way a run dies.

You missed a whole day.

Carry on at the next number. Thirty-three days of writing with one hole in it beats four separate abandoned attempts at a perfect run.

You are travelling or away from the workbook.

Write the sets on anything to hand and copy them in later, or write them from memory in your head at the three times. Keep the appointments even when the paper is missing.

You no longer believe the sentence.

Expected, usually around day eight. You are not being asked to believe it. You are being asked to write it. Belief is the destination, not the entry fee.

You want to change the sentence.

Finish the thirty-three days first. Write the new sentence on the review page at the back and start it on day thirty-four.

How to build a sentence that holds

Nearly every abandoned run fails here rather than in the writing. A vague, negative or future-tense sentence gives you nothing to feel, and a sentence you cannot feel is a sentence you will stop writing by day nine. Four rules:

1. Present tense, already done.

Not “I will find”, not “I am attracting”. “I have”, “I am”, “I am so grateful now that”.

2. One outcome only.

A sentence that covers prosperity, love and health covers none of them. Choose the one that, if it changed, would quietly change the rest.

3. Say what you want, never what you are leaving.

“I am free of debt” keeps the word debt in the room. “My account holds more than I need each month” does not.

4. Short enough to write eighteen times without dread.

If it takes longer than fifteen seconds to write, cut it until it does not.

WORKED EXAMPLES

WEAK	REWRITTEN
<i>I want to be rich.</i>	I am so grateful now that money comes in faster than I can spend it.
<i>I hope I get the job.</i>	I have the job, and the first week has already been easier than I expected.
<i>I need to stop being anxious.</i>	I move through my day steady, unhurried and calm.
<i>Please let him call me.</i>	We are close again, and it feels completely ordinary.
<i>I will be healthy one day.</i>	My body is strong and I wake up rested.
<i>I want to move out.</i>	I am sitting in my own flat with my own key in my pocket.

Write your sentence here. Once.

This is the only page on which you are allowed to change your mind. Draft it, read it aloud, then copy the final version into the ruled box below. From day one onwards you copy this line exactly as written — same words, same order. Changing the sentence mid-run restarts the run.

DRAFTS

MY SENTENCE, FINAL

SET THE RUN

Start date _____

Day 33 falls on _____

My three-line time _____

My six-line time _____

My nine-line time _____

Where this workbook lives _____

WHAT TO EXPECT

Days 1 to 5 feel good. Days 6 to 12 are where most people quit. Write through that fortnight and something shifts mid-run — not in the world first, but in how little the absence bothers you. That shift is what the older writers were pointing at; the outer version tends to follow it.

QUESTIONS PEOPLE ASK BEFORE THEY START

Does it have to be thirty-three days?

That is the length the popular version settled on, and it is long enough to survive one bad week. Shorter runs rarely outlast the boredom.

Can I type it instead?

You can, and it works less well. Handwriting is slower, and the pause between words is where the feeling gets in.

Can I run two sentences at once?

No. Two sentences halve the attention on each and double the chance you stop. Run them one after the other.

Do I say it out loud as well?

If you want to. Shinn used the spoken word alongside the written one. Whispering the evening nine as you write them is a good addition.

What if it comes true on day twelve?

Finish the run anyway. Writing it after it has arrived is how it settles as normal rather than as a fluke.

Day 1

Date _____

Write it as though you are simply recording something already true.

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 2

Date _____

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 3

Date _____

If the words feel hollow today, write them anyway. Feeling follows repetition, not the reverse.

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 4

Date _____

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 5

Date _____

Slow the last of the nine lines right down tonight.

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 6

Date _____

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 7

Date _____

One week. Do not reread your earlier pages yet.

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 8

Date _____

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 9

Date _____

This is the day most runs end. Yours does not.

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 10

Date _____

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 11

Date _____

First checkpoint — turn to the review questions at the back when you finish tonight.

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 12

Date _____

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 13

Date _____

Notice whether you have started assuming it rather than hoping for it.

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 14

Date _____

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 15

Date _____

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 16

Date _____

Halfway. Keep the sentence identical.

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 17

Date _____

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 18

Date _____

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 19

Date _____

If you missed a set this week, leave the gap and carry on. Do not restart.

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 20

Date _____

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 21

Date _____

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 22

Date _____

Second checkpoint — the back-page questions again.

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 23

Date _____

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 24

Date _____

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 25

Date _____

Write the evening nine in bed tonight, phone face down.

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 26

Date _____

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 27

Date _____

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 28

Date _____

Five days out. Resist the urge to check whether it has worked.

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 29

Date _____

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 30

Date _____

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 31

Date _____

Almost. Write these last sheets as slowly as the first.

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 32

Date _____

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

Day 33

Date _____

Last day. Write the nine, close the book, and leave it alone for a week.

THREE · ON WAKING

SIX · MIDDAY

NINE · BEFORE SLEEP

EVIDENCE · ANYTHING, HOWEVER SMALL

The 33-day completion grid

Tick each set as you write it. At the end of the run the column with the most blanks tells you which appointment does not fit your life — that is the one to move or shorten next time, not the one to feel guilty about.

01 ☐₃ ☐₆ ☐₉02 ☐₃ ☐₆ ☐₉03 ☐₃ ☐₆ ☐₉04 ☐₃ ☐₆ ☐₉05 ☐₃ ☐₆ ☐₉06 ☐₃ ☐₆ ☐₉07 ☐₃ ☐₆ ☐₉08 ☐₃ ☐₆ ☐₉09 ☐₃ ☐₆ ☐₉10 ☐₃ ☐₆ ☐₉11 ☐₃ ☐₆ ☐₉12 ☐₃ ☐₆ ☐₉13 ☐₃ ☐₆ ☐₉14 ☐₃ ☐₆ ☐₉15 ☐₃ ☐₆ ☐₉16 ☐₃ ☐₆ ☐₉17 ☐₃ ☐₆ ☐₉18 ☐₃ ☐₆ ☐₉19 ☐₃ ☐₆ ☐₉20 ☐₃ ☐₆ ☐₉21 ☐₃ ☐₆ ☐₉22 ☐₃ ☐₆ ☐₉23 ☐₃ ☐₆ ☐₉24 ☐₃ ☐₆ ☐₉25 ☐₃ ☐₆ ☐₉26 ☐₃ ☐₆ ☐₉27 ☐₃ ☐₆ ☐₉28 ☐₃ ☐₆ ☐₉29 ☐₃ ☐₆ ☐₉30 ☐₃ ☐₆ ☐₉31 ☐₃ ☐₆ ☐₉32 ☐₃ ☐₆ ☐₉33 ☐₃ ☐₆ ☐₉

What to read from the finished run

Use these on day 11, day 22 and day 33. They are the same three questions each time; the value is in seeing how differently you answer them.

1. When I read my sentence today, did it feel like a fact, a hope, or a lie? (One word is enough.)

2. What did I notice this week that I would have dismissed a month ago?

3. Which of the three sets did I skip most, and what was actually in the way?

AT THE END OF THIRTY-THREE DAYS

Do not immediately start another run on the same sentence. Put the workbook away for a week, then read your evidence lines from start to finish in one sitting. Those thirty-three small notes are the honest record, and they almost always add up to more than memory allows.

If the thing arrived, write the next sentence and begin again. If it did not, look at the grid before you look at yourself: an incomplete run is a scheduling problem far more often than a faith problem.

Where to go next

Find the technique that actually suits you

A short quiz that matches you to 369, SATS, the 55x5 or revision, based on how you already think.

realitymanuscript.com/tools/which-manifestation-technique

The rest of the free library

Journal prompts, gratitude sheets, affirmation cards, a law of attraction planner and the 55x5 worksheet — all free, no email.

realitymanuscript.com/library

Read the original teachers in full

Florence Scovel Shinn, Thomas Troward, Wallace Wattles and more, transcribed and free to read.

realitymanuscript.com/archive

The Manifestation Journal

Loose sheets go missing and the record disappears with them. This is the same daily practice in one bound book you will still be reading years from now — a page you look forward to sitting down with, and a record of how far you have actually come.

realitymanuscript.com/manifestation-journal

This workbook is free. If it was useful, the kindest thing you can do is print a second copy for someone who keeps saying they will start on Monday.