The 33x3 Method

One sentence, 33 times a day, for 3 days. Then you stop.

The 33x3 method is the middle length of the written repetition methods. You write one present-tense sentence 33 times in one sitting, once a day, for three days in a row. That is 99 lines in total. On the fourth day you put the sheets away and leave the wish alone.

How to do it

1. Fix your sentence before day one. Present tense, first person, one result, eight to fifteen words. Use the sentence page overleaf.
2. Day 1: write it on all 33 lines in one sitting. Same words every time. Fifteen to twenty minutes is normal.
3. Days 2 and 3: repeat, word for word. Keep the three days back to back.
4. If a line feels mechanical, slow down and read it back to yourself before continuing.
5. Day 4: answer the reflection questions once, then stop writing about this wish.

Why stop after three days?

Checking on a wish keeps you in the feeling of not having it. A short, finished run makes it easier to leave alone: you wrote it, you meant it, it is done. The reflection page is where you close the loop, once.

Fix Your Sentence

Write it once here. Copy it exactly for all three days.

Five checks before day one

- Present tense: it reads as already true, not as a hope.
- First person: it is about you and your life.
- One result only: not a list of wishes in one line.
- No 'want', 'will' or 'hope to': those words keep it in the future.
- Short enough to write 33 times without resentment: eight to fifteen words.

Examples to adapt

- I am settled in a home that feels like mine.
- I am paid well for work I am proud of.
- We talk every day and it feels easy.
- Abundance reaches me easily and I welcome it.
- I wake rested and my body feels strong.
- I passed, and I knew I would.

My sentence:

Day 1

Write your sentence on all 33 lines, in one sitting.

Date: _____ Started: _____ Finished: _____

1. _____
2. _____
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4. _____
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24. _____
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26. _____
27. _____
28. _____
29. _____
30. _____
31. _____
32. _____
33. _____

Day 2

Write your sentence on all 33 lines, in one sitting.

Date: _____ Started: _____ Finished: _____

1. _____
2. _____
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5. _____
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29. _____
30. _____
31. _____
32. _____
33. _____

Day 3

Write your sentence on all 33 lines, in one sitting.

Date: _____ Started: _____ Finished: _____

1. _____
2. _____
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30. _____
31. _____
32. _____
33. _____

Day 4: Close The Loop

Answer once, honestly, then put the sheets away.

1. By line 33 on day three, did the sentence feel more like a fact than a wish? What changed?

2. Which line felt most real across the three days? Why that one?

3. Did you catch yourself acting as if it were already true, even once? What did you do?

4. What would you word differently if you ran this again?

What next

Leave the wish alone now. If you want to keep a daily practice, the free 369 workbook runs for 33 days, and the 22x2 worksheet is a shorter two-day version. Both are at realitymanuscript.com/library.

When loose sheets stop being enough

A printed sheet is right for a three-day run. If the practice sticks, The Manifestation Journal keeps your sentences, nightly scenes and revisions in one bound book you can read back next year. See it at realitymanuscript.com/manifestation-journal.