

Your 5-day program

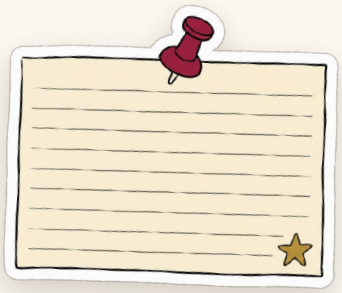
The Quantum Portal Experience

5 masterclasses · 12 protocols · 180 examples

DAY 1

Clarity

Your first shock



Today you find out what you're really aiming at. Most people never check. That's why perfect methods take them to the wrong place.

Two protocols today. The first one measures your loop. The second one gives you the card that everything else plugs into.

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 Clarity Protocol

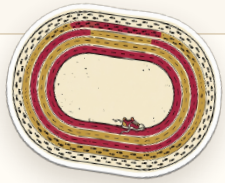


Your 15-minute masterclass

Every want has three layers: the Thing, the Feeling, the Person. Most people push on the only layer they don't control. You'll learn the And-Then Ladder, the Drop Test, and why six doors beat one door (98% against 10%).

When the video ends: go to today's protocols ↓ *(Protocol 01: The Loop Log · Protocol 02: The Target Card)*

2 Today's protocols



PROTOCOL 01

The Loop Log

⏱ 24 hours of counting · 5 min tonight 📌 Start right now. Finish tonight.

You can't fix a loop you haven't measured.

Most people think they check "a few times a day." Then they count. Thirty-eight. Fifty-two. Ninety. Each check costs about three minutes of worry. That's the real visualization you've been doing. Today, you just look at it.

The steps

1. **Count every check.** Each time you look at the thing you want (the phone, the profile, the bank app, the mirror, the portal), make a tally mark. Paper or notes app.

2. **Don't change anything.** No fixing today. If you want to check, check. Just mark it.

3. **List your methods.** Tonight, write every method you've tried in the last 12 months. Next to each one, how many days it lasted.

4. **Do the math.** Checks × 3 minutes on one side. Minutes spent picturing what you want on the other. Write the ratio at the top of the page.

Your card *saved on this device*

Checks today

Methods tried in 12 months (and how many days each)

Minutes of checking (checks × 3)

Minutes of picturing what I want

My ratio (worry : wish)

Chloe's Loop Log

- Checks: 38 (Instagram, his profile, "last seen").
- Methods this year: 7. Longest one: 9 days.
- Checking: 38 × 3 = 114 minutes. Picturing him back: 10 minutes.
- Ratio: 11 to 1. "I've been rehearsing him gone, not him back."

Done when...

You have a number of checks for today.

You have your list of methods with the days next to them.

You wrote your ratio at the top of the page.

Don't judge the number

A big number isn't bad news. It's a starting line. Most people cut their checks in half within a week of seeing it written down.

PROTOCOL 02

The Target Card

15 minutes · Today. This is the one you don't skip.

Everything you do in the next four days plugs into this card.

If you aim at the wrong target, even a perfect method takes you to the wrong place. The card makes sure you're aiming at the feeling you actually want, not just the event you've been staring at.

The steps

1. **Write the thing.** One line. "I want ___." Name it plainly, even if you're a little ashamed of it.
2. **Climb the And-Then Ladder.** Ask "And then?" Write the answer. Ask again. Stop when the answer is a feeling, not an event. Usually 3 to 5 rungs. "Happy" doesn't count: it's fog. Keep climbing.
3. **Write the person.** Three things you'd do if you already had it. "As someone who ___."
4. **Run the Drop Test.** Eyes closed. Imagine you let it go forever. Notice the first three seconds. Relief ("phew") means it's probably borrowed: dig again. Protest ("no!") means it's yours: keep it.
5. **List your doors.** Six places where you already feel a little of that feeling. Circle one you'll visit on purpose this week.

Your card *saved on this device*

The thing — I want...

The ladder — And then? And then?

The feeling — So I can feel...

The person — As someone who...

Drop Test

My six doors

The door I'll visit on purpose this week

Chloe's Target Card

- I want him to come back,
- so I can feel enough,
- as someone who keeps her word to herself, says what she thinks and makes time for her drawing.
- Drop Test: no! · Doors: best friend, manager, drawing, little sister, the gym, saying no.

Done when...

You can say it in one sentence.

It ends on a feeling, not an event.

The Drop Test gave you a "no!", not a "phew."

You can name at least three places where you already feel a bit of it.

It makes you a little shy. Not heavy.

It doesn't need anyone else to lose.

Four or more? You've got your target.

Shy means go. Heavy means look again.

A little nervous, a little embarrassed? That's what new feels like. A weight, a duty, a low dread? You might be carrying someone else's bag. Run the Drop Test twice.

3 Examples · Target Card

Thirty-six Target Cards, already filled in. Find the one closest to yours, then write your own. Names and details are changed.



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

THING

He texts me first.

LADDER

He misses me → we're back → I'd know I wasn't the problem

FEELING

enough

PERSON

keeps her word to herself, says what she thinks, has a life he's not the center of

DOORS

best friend, her drawing, her sister, the gym, saying no

Single for four years

THING

A boyfriend by summer.

LADDER

Someone to call → I'm not the only single one at dinners → I'm not left behind

FEELING

chosen

PERSON

says yes to invitations, starts conversations, lets people get to know her

DOORS

her running club, her niece, her colleagues' lunch, her pottery class

The marriage on autopilot

THING

My husband looks at me like before.

LADDER

We talk at dinner → we laugh again → I'm not just the logistics

FEELING

seen

PERSON

asks real questions, plans one date a month, keeps one evening just for herself

DOORS

her best friend, her book club, her daughter, dancing

The crush at work

THING

He asks me out.

LADDER

He notices me → I'm interesting → I'm worth noticing

FEELING

worth noticing

PERSON

speaks up in meetings, says hi first, wears what she likes

DOORS

her team, her sister, her Saturday market, her music

After the divorce

THING

Meet someone new.

LADDER

I'm not alone at night → I'm still lovable at 47 → my life isn't over

FEELING

alive

PERSON

goes out once a week, cooks for friends, travels alone once this year

DOORS

his old friends, his kids, cycling, the choir

Friendship that faded

THING

My best friend calls me back.

LADDER

We're close again → someone really knows me → I belong somewhere

FEELING

belonging

PERSON

reaches out first, invites people, shows up when it's not convenient

DOORS

her cousin, her new colleague, her yoga group, her neighbor



Money

The rent that scares him

THING

Unexpected money. Fast.

LADDER

I pay the rent → the 5th stops being a nightmare → no more 4 a.m. math

FEELING

safe. Able to breathe.

PERSON

knows his numbers, has a plan for the next three months

DOORS

his budget sheet, his side job, his brother, his savings jar

The freelance famine

THING

Three new clients this month.

LADDER

Steady income → I stop saying yes to bad projects → I choose my work

FEELING

free

PERSON

sends five pitches a week, raises her price on new clients, says no to one bad project

DOORS

her best client, her portfolio, her network, her Fridays off

The debt

THING

My credit card at zero.

LADDER

No more interest → I can open my mail → I stop hiding

FEELING

clean. Light.

PERSON

opens every envelope, pays a fixed amount every month, asks for help early

DOORS

her advisor, her sister, her running, her cooking

The raise

THING

A 15% raise.

LADDER

Paid what I'm worth → my work counts → I'm respected

FEELING

respected

PERSON

writes down her wins every Friday, asks for feedback, books the meeting

DOORS

her team, her mentor, her side project, her friends' advice

The house

THING

Our own house.

LADDER

No landlord → we stay → the kids have roots

FEELING

rooted. Secure.

PERSON

saves on the 1st, knows the market, talks money with his partner every Sunday

DOORS

their garden plot, Sunday dinners, his workshop, the neighbors

The business launch

THING

10,000 € in sales.

LADDER

It works → I don't go back to the office → my life is mine

FEELING

free. Proud.

PERSON

publishes every day, talks to one customer a day, tracks the numbers weekly

DOORS

her first customers, her community, her morning walks, her partner



Work, career & exams

The big exam

THING

The acceptance email from the top school.

LADDER

My parents are proud → they stop comparing me → good enough for them

FEELING

good enough

PERSON

trusts her own choices

DOORS

her drawing, her teacher, her best friend

DROP TEST

phew → she wanted design, not that school. She dug again.

The promotion

THING

Head of department.

LADDER

I lead → people listen → my ideas matter

FEELING

useful. Heard.

PERSON

speaks first in one meeting a week, trains a junior, sends a weekly update

DOORS

her team, her association, her kids' homework, her blog

The job interview

THING

The offer from that company.

LADDER

I leave my job → no more Sunday dread → I like my days

FEELING

light

PERSON

prepares three stories, practices out loud, applies to five more companies

DOORS

his weekends, his football team, his friends, his cooking

The career change

THING

Work as a therapist.

LADDER

I help people → my work means something → I'm not wasting my life

FEELING

meaningful

PERSON

studies 30 minutes a day, volunteers, talks to two therapists

DOORS

her listening friends, her volunteering, her reading, her journal

The driving test

THING

Pass my driving test.

LADDER

I drive alone → I don't depend on anyone → I'm an adult

FEELING

independent

PERSON

drives three times a week, practices the route, sleeps well the night before

DOORS

his job, his bike, cooking for himself, his savings

The artist's first show

THING

A gallery show.

LADDER

People see my work → it touches them → I'm a real artist

FEELING

legitimate

PERSON

paints daily, posts one piece a week, sends work to one gallery a month

DOORS

her studio, her online followers, her teacher, the café that shows her prints



Body & self-image

The different face

THING

A different face by September.

LADDER

People look at me → I stop hiding at parties → I can talk without thinking about my face

FEELING

relaxed around people

PERSON

walks into a room, says hi first, asks questions

DROP TEST

heavy → the real goal was being relaxed. That one made him blush. He kept it.

The weight

THING

Lose 10 kilos.

LADDER

My clothes fit → I stop avoiding photos → I'm in my own life

FEELING

present. At ease.

PERSON

walks 30 minutes a day, cooks four nights a week, stays in the photos

DOORS

her dance class, her friends, her garden, her nephews

The skin

THING

Clear skin.

LADDER

No makeup → I don't check every mirror → I forget about my face

FEELING

free

PERSON

sees a dermatologist, keeps a simple routine, leaves the house without checking

DOORS

her climbing gym, her friends, her podcast, her bike

The beach

THING

Feel good in a swimsuit.

LADDER

I go swimming → I play with my kids at the beach → I don't miss my life

FEELING

present

PERSON

swims once a week, wears what's comfortable, says yes to the beach

DOORS

her kids, her pool, her sister, her summer plans

The strength

THING

A strong body.

LADDER

I lift heavy → I'm not fragile → I can protect myself

FEELING

solid. Safe.

PERSON

trains three times a week, eats enough protein, sleeps eight hours

DOORS

his gym, his hikes, his little brother, his job

After the baby

THING

My old body back.

LADDER

I feel like me again → I'm not only a mom → I exist

FEELING

myself

PERSON

takes 20 minutes alone a day, moves gently, asks for help

DOORS

her friend's calls, her music, her walks, her partner's evenings



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

THING

Sleep through the night.

LADDER

I wake up rested → I'm patient with my kids → I'm the mom I want to be

FEELING

calm

PERSON

puts the phone out of the room, keeps the same bedtime, sees her doctor about it

DOORS

her bath, her book, her morning tea, her walks

The anxiety

THING

No more panic attacks.

LADDER

I take the metro → I go out again → my life isn't small

FEELING

safe in my own body

PERSON

keeps seeing his therapist, breathes slowly every morning, takes one small trip a week

DOORS

his dog, his brother, his music, his therapist's office

The energy

THING

Energy all day.

LADDER

I'm not exhausted at 3 p.m. → I have evenings → I have a life after work

FEELING

alive

PERSON

gets a check-up, drinks water, walks after lunch, goes to bed by 11

DOORS

her Saturday mornings, her friends, her garden, her guitar

Quitting smoking

THING

Stop smoking.

LADDER

I breathe better → I see my grandkids grow → I'm there for them

FEELING

present for them

PERSON

uses the support his doctor gave him, walks when the urge hits, counts smoke-free days

DOORS

his grandkids, his walks, his workshop, his wife

Living with the pain

THING

A day without pain.

LADDER

I can work → I'm not a burden → I'm still useful

FEELING

useful. Capable.

PERSON

follows her treatment, does her exercises, asks for adjustments at work

DOORS

her colleagues, her knitting, her daughter, her support group

The recovery

THING

Be fully back after the surgery.

LADDER

I walk normally → I go back to the mountains → I'm not old

FEELING

strong. Free.

PERSON

does his rehab every day, keeps his appointments, celebrates small progress

DOORS

his physio, his friends' visits, his maps, his son



Confidence & self-worth

Speaking up

THING

Speak in meetings without shaking.

LADDER

People hear my ideas → they count → I count

FEELING

I count

PERSON

says one sentence per meeting, prepares one point, asks one question

DOORS

her team lunch, her sister, her book club, her partner

Saying no

THING

Stop saying yes to everything.

LADDER

I have time → I'm not exhausted → I respect myself

FEELING

respected by me

PERSON

waits 24 hours before saying yes, says no once a week, protects Sunday

DOORS

her yoga, her mornings, her real friends, her journal

The impostor

THING

Feel legitimate in my new job.

LADDER

I stop doubting → I stop over-preparing → I enjoy my work

FEELING

legitimate

PERSON

writes three wins every Friday, asks questions openly, accepts compliments

DOORS

his old team, his mentor, his students, his family

Being visible

THING

Post my work online.

LADDER

People see it → some like it → I'm allowed to be seen

FEELING

allowed

PERSON

posts once a week, shows one piece to one person, keeps posting after a flop

DOORS

her close friends, her art class, her sister, her old teacher

The family judgment

THING

My father approves of my life.

LADDER

He says he's proud → I stop justifying → I'm at peace

FEELING

at peace

PERSON

makes her own choices, explains once, stops arguing at dinner

DROP TEST

phew → "for him" was borrowed. Her own target: feeling at peace with her choices.

Moving abroad

THING

Move to Lisbon.

LADDER

I start over → nobody knows the old me → I can be who I am

FEELING

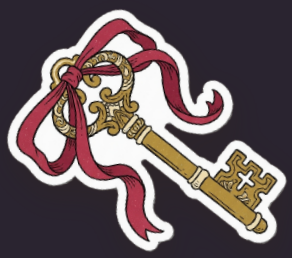
free to be me

PERSON

learns Portuguese 15 minutes a day, saves 300 € a month, visits once this year

DOORS

his language app, his new friends online, his cooking, his runs



Fill in your Target Card in the app

The app keeps your card with you, reminds you of your feeling, and tracks your checks.

Tomorrow: you have the target. Now you need the engine. And you've been running it every day for years. Just in reverse.

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.

DAY 2

Understanding

Everything makes sense



Today is the click. You'll see that you already know how to visualize. You've been doing it for hours a day. It's called worry.

Two protocols. The first one shows you how good you already are at picturing things. The second one finds the setting that keeps pulling you back.

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 Engine & The Thermostat



Your 15-minute masterclass

The Engine: what you keep paying attention to becomes the picture you have of yourself, and that picture decides what you do next. The Thermostat: your picture of yourself is a setting, and life keeps getting pulled back to it. You don't get what you want. You get what matches your setting.

When the video ends: go to today's protocols ↓ *(Protocol 03: The Rerun Count · Protocol 04: The Setting Sheet)*

2 Today's protocols



PROTOCOL 03

The Rerun Count

⏱ All day · 10 min tonight 📌 Today, from the moment you finish reading this.

"I can't visualize" is almost never true. Most people replay the scene they fear dozens of times a day, in full color, with sound.

A rerun is any scene you replay that you don't want. Counting them shows you two things: how much time your Engine spends on the wrong picture, and how skilled you already are.

The steps

1. **Catch your reruns.** Every time you notice yourself replaying a scene you don't want, write two words about it. "Bar scene." "Eviction." "Laughing at me."

2. **Rate it.** How vivid was it, from 1 to 10? Colors, sounds, words, the feeling in your body.

3. **Pick the strongest one.** Tonight, circle the most vivid rerun of the day.

4. **Write the opposite scene.** Same level of detail. Same colors. Same sounds. Same kind of words. Just the version you want.

5. **Don't use it yet.** Just notice how detailed you were when you were scared. That's your real skill level. It's much higher than you thought.

Your card *saved on this device*

Reruns today (two words each)

Number of reruns

The most vivid one (score /10)

The opposite scene, same detail

Chloe's Rerun Count

- Reruns: 14 (bar story ×6, "red nails" ×4, him laughing with friends ×4).
- Most vivid: the bar story, 9/10. She could hear the song.
- Opposite scene: his car outside her building, the hoodie on the passenger seat, "I was an idiot," the cold door handle in her hand.

Done when...

You have a number of reruns for today.

You wrote one opposite scene with as much detail as the fear.

You noticed you can visualize.

Worry is visualization in reverse

You don't need to learn to visualize. You need to change the channel. Tomorrow we build the scene you'll rehearse on purpose.



PROTOCOL 04

The Setting Sheet

10 minutes · 1 line a day for 21 days

Today. Proof log starts tonight.

Your picture of yourself works like a thermostat. When life goes above it (a compliment, a windfall, a good week) you bring it back down without noticing.

You can't smash a thermostat. But you can turn the dial. One degree. Then live there until it's boring.

The steps

1. **Write ten "I'm the kind of person who..." sentences.** Fast. No editing. Don't write what you'd like to be true. The ugly ones are the useful ones.

2. **Circle the one your Target Card needs to change.** Usually the one that stings the most.

3. **Put it on trial.** Four questions. What's the real evidence (things a camera would have recorded)? Could I be wrong (three other explanations)? Would I say this about a friend? Why keep acting like it's true?

4. **Write your one-degree-up sentence.** Not the opposite. One degree. You should be able to say it without wincing too much.

5. **Log one proof a day.** Every evening, one line: something that fits the new setting. Small is better. For 21 days.

Your card *saved on this device*

Ten "I'm the kind of person who..."

The one I circle (my current setting)

Trial: the real evidence

Trial: three other explanations

Trial: would I say this about a friend?

Trial: why do I keep it?

My one-degree-up sentence

Proof log (one line a day)

Leo's Setting Sheet

- Setting: "People don't find me attractive."
- Evidence: one girl laughed when he walked past, in tenth grade. Six years ago.
- Why keep it: "If I don't try, I can't get rejected."
- One degree up: "Some people find me attractive. I don't have to know who."
- Proof, day 3: "A girl in class sat next to me when there were other seats."

Done when...

You found the setting that stings.

You put it on trial and wrote the answers.

You have a one-degree sentence you can almost believe.

Tonight's proof line is written.

Most settings stay because they protect you

Leo's setting protected him from rejection. It also protected him from everything else. Finding what yours protects you from is half the work.

3 Examples · Setting Sheet

Thirty-six settings and their first degree up. Notice how small the turn is. That's on purpose: 30 degrees at once always bounces back.



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 one who always gets left

SETTING

I'm the kind of person people leave.

TRIAL

Two breakups in eight years. Her friends from school are still here.

ONE DEGREE UP

Some people stay. My friends did.

PROOF

Her friend drove 40 minutes to see her.

Too much

SETTING

I'm too much for people.

TRIAL

One ex said it once, angry. Her sister says she's the warm one.

ONE DEGREE UP

Some people like how much I feel.

PROOF

A colleague thanked her for checking in.

Invisible on dates

SETTING

I'm boring on dates.

TRIAL

Three awkward dates. Also two that went on for hours.

ONE DEGREE UP

I'm good company with the right person.

PROOF

Her friend laughed at her story at lunch.

Not the marrying type

SETTING

I'm the kind of man women don't settle down with.

TRIAL

He picked people who were leaving town. Pattern, not fate.

ONE DEGREE UP

I can choose people who want to stay.

PROOF

He asked a second date about her plans. She had some.

The second choice

SETTING

I'm always someone's second choice.

TRIAL

One relationship where it was true. Her best friend calls her first.

ONE DEGREE UP

I'm someone's first call.

PROOF

Her sister called her first with the news.

Hard to love

SETTING

I'm hard to love.

TRIAL

Said by a parent in a bad year. Not a fact a camera recorded.

ONE DEGREE UP

I'm learning to be easy with myself.

PROOF

She made dinner just for her, and enjoyed it.



Money

Always broke

SETTING

I'm the kind of person who's always broke.

TRIAL

Broke right now. Wasn't in 2019.

ONE DEGREE UP

I'm broke right now, and I'm learning how money works.

PROOF

He tracked every expense for one day.

Bad with money

SETTING

I'm bad with money.

TRIAL

She runs a family of four on one salary. That's not "bad."

ONE DEGREE UP

I manage a lot with a little.

PROOF

She found 40 € of subscriptions to cancel.

Money isn't for people like me

SETTING

Money is for other people.

TRIAL

His cousin, same background, runs a business.

ONE DEGREE UP

People like me can earn more. My cousin did.

PROOF

He asked his cousin for one piece of advice.

Can't ask for more

SETTING

I'm not someone who negotiates.

TRIAL

She negotiates for her team every week.

ONE DEGREE UP

I negotiate well for others. I'm practicing for me.

PROOF

She asked for a 5% discount. Got it.

The windfall that vanishes

SETTING

Money never stays with me.

TRIAL

Every bonus disappeared within a month. Because nothing was planned.

ONE DEGREE UP

Money stays when I give it a job.

PROOF

He moved 50 € to savings on payday.

The cheap freelancer

SETTING

Clients won't pay more for my work.

TRIAL

She never asked. Her best client never complained about price.

ONE DEGREE UP

Some clients pay more for good work.

PROOF

A new client accepted her higher rate.



Work, career & exams

Not smart enough

SETTING

I'm not smart enough for this school.

TRIAL

Top grades in the subjects she likes.

ONE DEGREE UP

I'm smart in the subjects I care about.

PROOF

Her teacher kept her drawing for the class.

Not a leader

SETTING

I'm not leader material.

TRIAL

She trains every new hire. They ask for her.

ONE DEGREE UP

People already learn from me.

PROOF

A junior thanked her for her help.

Freezes in interviews

SETTING

I always freeze in interviews.

TRIAL

Froze twice. Did fine in four others.

ONE DEGREE UP

I do fine when I've practiced out loud.

PROOF

He practiced one answer out loud. It flowed.

Too old to change

SETTING

I'm too old to start over.

TRIAL

Two people in her training started at 52.

ONE DEGREE UP

People start over at my age. Some of them in my class.

PROOF

She finished her first module.

The lazy one

SETTING

I'm lazy.

TRIAL

He works double shifts in summer. He's tired, not lazy.

ONE DEGREE UP

I work hard on things I've chosen.

PROOF

He studied 20 minutes after his shift.

Not a real artist

SETTING

I'm just a hobbyist.

TRIAL

She's sold six prints this year.

ONE DEGREE UP

I'm an artist who's starting to sell.

PROOF

Someone asked for her price.



Body & self-image

The ugly one

SETTING

People don't find me attractive.

TRIAL

One girl laughed, in tenth grade. Six years ago.

ONE DEGREE UP

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

PROOF

Someone said "nice jacket."

The big one

SETTING

I'm the fat friend.

TRIAL

Her friends never call her that. She does.

ONE DEGREE UP

I'm the friend people want at parties.

PROOF

She was invited to two parties this month.

No willpower

SETTING

I have no willpower with food.

TRIAL

She raised three kids. That's willpower.

ONE DEGREE UP

I can make one good choice a day.

PROOF

She cooked dinner instead of ordering.

Not sporty

SETTING

I'm not a sporty person.

TRIAL

Never found a sport he liked. Never tried climbing.

ONE DEGREE UP

I haven't found my sport yet.

PROOF

He booked a trial climbing session.

Hiding the skin

SETTING

Everyone stares at my skin.

TRIAL

She asked two friends. Neither had noticed.

ONE DEGREE UP

Most people are busy thinking about themselves.

PROOF

She went to the bakery with no makeup. Nothing happened.

Getting old

SETTING

I'm past it.

TRIAL

Sixty-one. Walks 8 km on Sundays.

ONE DEGREE UP

My body still does a lot for me.

PROOF

He carried his grandson up the stairs.



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 bad sleeper

SETTING

I'm a terrible sleeper.

TRIAL

Sleeps well on holidays. The problem might be the phone and the stress.

ONE DEGREE UP

I sleep better when I protect my evenings.

PROOF

Phone out of the room. Slept 6h30.

The anxious one

SETTING

I'm an anxious person.

TRIAL

Anxious, and also calm with his dog, his music, his brother.

ONE DEGREE UP

I have anxious moments and calm moments.

PROOF

Twenty calm minutes walking the dog.

Always tired

SETTING

I'm just a tired person.

TRIAL

Never had a check-up. Never slept before midnight.

ONE DEGREE UP

My energy depends on what I can change.

PROOF

Booked the blood test. Bed by 11.

The smoker

SETTING

I'm a smoker.

TRIAL

He's also someone who quit for six months in 2021.

ONE DEGREE UP

I'm someone who's quitting.

PROOF

Day 4 without a cigarette.

The fragile body

SETTING

My body always lets me down.

TRIAL

It also carried her through two births and a marathon.

ONE DEGREE UP

My body is doing its best, and I'm helping it.

PROOF

She did all her exercises today.

The stress magnet

SETTING

Stress follows me everywhere.

TRIAL

Calm on Sunday mornings. Stressed when her inbox is open.

ONE DEGREE UP

I can make calm moments on purpose.

PROOF

Ten minutes of tea, no phone.



Confidence & self-worth

The quiet one

SETTING

I'm the quiet one nobody listens to.

TRIAL

People listen when she speaks. She rarely speaks.

ONE DEGREE UP

When I speak, people listen.

PROOF

She said one sentence in the meeting. Her boss wrote it down.

The people-pleaser

SETTING

I'm the one who can't say no.

TRIAL

She said no to her kids' fourth snack today.

ONE DEGREE UP

I can say no. I'm practicing with adults.

PROOF

She said "let me think about it" once.

The impostor

SETTING

Sooner or later they'll find out I'm a fraud.

TRIAL

Two years, three good reviews, one promotion.

ONE DEGREE UP

I'm good at my job and still learning.

PROOF

A client said "that's exactly what we needed."

The black sheep

SETTING

I'm the disappointment of the family.

TRIAL

Her mother brags about her to her friends.

ONE DEGREE UP

My family is proud in ways they don't say.

PROOF

Her aunt asked about her work.

The shy one

SETTING

I'm too shy to make friends.

TRIAL

He made two good friends at his last job.

ONE DEGREE UP

I make friends slowly. Slow still works.

PROOF

He asked a colleague to lunch.

The unlucky one

SETTING

Nothing good ever happens to me.

TRIAL

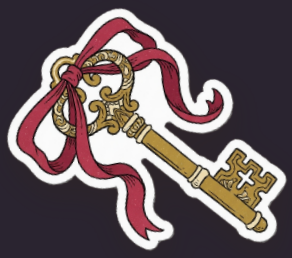
She listed 12 good things from last year in five minutes.

ONE DEGREE UP

Good things happen to me. I just forget them.

PROOF

She wrote down three good things before bed.



Log your proof in the app

One line a night, 21 days. The app keeps the streak and shows you the list when you doubt.

Tomorrow: you'll feel it. You'll build the scene you rehearse on purpose, and the sentences you can actually believe.

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.

DAY 3

Activation

You'll feel it



Today you stop rehearsing the scene you fear and start rehearsing [illegible] 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."

Ready

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.

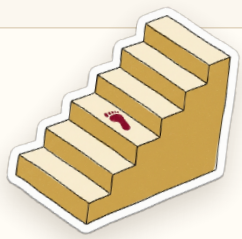
You see it through your own eyes.

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

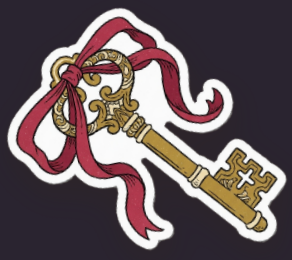
A Lisbon tram. He orders coffee in Portuguese. The paper cup.

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.

DAY 4

Rewiring

Your emotions become allies



Today the 3D will push back. It always does. A message that bad number. A photo you hate. That's not a sign. It's old ligh

Three protocols: what to do in the first two minutes, how to stop checking without going crazy, and the net that lets you walk without fear.

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

1 Masterclass · When the 3D Says No



Your 15-minute masterclass

The 3D is old light: it shows who you were months ago. There's always a lag between changing and seeing the change. Fear is noise, not a forecast. You'll learn the Two-Minute Rule, the Glance Rule and the Net, plus what to do when you slip.

When the video ends: go to today's protocols ↓ *(Protocol 08: The Two-Minute Card · Protocol 09: The Glance Rule · Protocol 10: The Net)*

2 Today's protocols

PROTOCOL 08

The Two-Minute Card



⏱ 10 minutes to write · 2 minutes each time

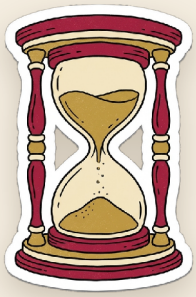
📌 Write it today. Use it every time the 3D slaps you.

The worst decisions happen in the first two minutes. Delete everything. Text him at 9 p.m. Quit the plan. Buy the course.

After two minutes, the wave is usually smaller. You can still feel it. You just aren't driving with it. You don't have to stop the wave. You just have to not make decisions while you're under it.

The steps

1. **Phone down. Timer: 2 minutes.** Don't type. Don't scroll. Don't decide.
2. **Breathe out long. Shoulders down.** Longer out than in. Unclench your jaw. Your body can't stay in full panic when your muscles are loose.
3. **Name it.** Say: "This is old light." Or "This is the lag." Out loud if you can.
4. **Ask one question.** "Can I act on this today?" Usually no. If yes (a bill, an email), write the action down.
5. **Do one move.** The smallest one. Draw for two minutes. Say your sentence once. Text a friend.



2:00

Phone down. Breathe out long. "This is old light."

Your card *saved on this device*

The 3D slap I'm most scared of

What I'll say

My smallest move

Rehearsed in my head (twice)

Chloe, day 9

- *The slap: a photo of him at a party.*
- *Phone face down, two minutes, long breaths out.*
- *"This is old light." Can I act on it today? No.*
- *Move: ten minutes of drawing. She didn't text. The wave passed at minute four.*

Done when...

The card is written and in your phone case or wallet.

You rehearsed your worst slap twice in your head.

You know your smallest move by heart.

When you slip anyway

Never miss twice. One miss is an accident; two is the old habit coming back. Write it in one line, find the trigger, reach one notch up (not "amazing", just slightly better), do the smallest move within 24 hours.



PROTOCOL 09

The Glance Rule

⏱ 10 minutes to set up · 📌 Today. Phone out of the bedroom tonight.

Checking never works. The thing you want doesn't move faster because you look at it. But every check feeds the Loop: it teaches your brain that it's not here yet.

The Glance Rule: you pick a fixed time to look at the thing you want, you glance instead of stare, and the rest of the time the answer is "not now, at my glance time."

The steps

1. **Count today.** A tally mark for every check of the thing you want.
2. **Pick your glance time and length.** Depending on how fast the thing really changes. Bank app: once a week. Mirror: morning and before going out. A profile: once a week, or never. Five minutes, with a timer.
3. **Add three kinds of friction.** Log out. Mute. Move the app off your home screen. A sticky note on the mirror.
4. **Write your "not now" line.** "Not now. At ___." Your brain can handle "later." It panics at "never."
5. **Phone out of the bedroom.** Tonight. A cheap alarm clock costs less than one sleepless night.

Your card *saved on this device*

What I check

Checks today

My glance time and length

My three frictions

My "not now" line

Sam's Glance Rule

- Checks: the bank app, 24 times a day.
- Glance time: Sunday 6 p.m., 10 minutes, with his budget sheet.
- Frictions: logged out, app in a folder, notifications off.
- "Not now. At Sunday 6." Day 2: 9 checks. Day 7: 2.

Done when...

You counted your checks.

Your glance time is written down.

Three frictions are in place.

Phone out of the bedroom tonight.

Glance, don't stare

Glance at your car's dashboard and you know your speed. Stare at it and you hit a tree.



PROTOCOL 10

The Net

20 minutes · Today, not on a "good day."

When you want something too badly, every day feels like a test you could fail. Fear makes you grab, check and push. People feel it.

Tightrope walkers practice with a net. Not because they plan to fall. Because without the net, the fear makes them fall. The Net: you accept the failure once, on purpose, you build a Plan B, and then you stop thinking about either outcome and simply walk.

The steps

1. **Write the worst case.** "If it doesn't happen, here's exactly what my life looks like." What does Monday look like? Be specific.
2. **Write Plan B.** "If that happens, here's what I do next." At least two concrete steps.
3. **Add a basket.** One more door to the same feeling (remember the six doors from Day 1).
4. **Finish the sentence.** "It wouldn't be the end of the world because..."
5. **Fold the paper. Put it away.** You're done worrying about this one. Then do one move. Walk to the mailbox.

Your card *saved on this device*

Worst case: what Monday looks like

Plan B (two concrete steps)

One more door

It wouldn't be the end of the world because...

Priya's Net

- *Worst case: "I don't get into Lyon. I cry for a weekend. I still live at home. I still draw."*
- *Plan B: apply to two other programs this year; if none work, a year of freelance and courses, then apply again.*
- *"It wouldn't be the end of the world because I'd still be a designer. Just in a different building."*

Done when...

You looked at the worst case once, in writing.

Plan B has at least two concrete steps.

Your sentence is finished.

The paper is folded and put away.

Want it, don't need it

Detaching is not giving up. You still want it fully. You just stop making it the only door, so you can walk instead of grab.

3 Examples · Two-Minute Card + Glance Rule + Net

Thirty-six real slaps from the 3D, and what to do with them. Find the one you fear the most, and rehearse it.



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.

He posts a story with someone

TWO MINUTES

Phone down. "Old light." Move: call her sister.

GLANCE RULE

His profile: never. Muted.

NET

...because I'd still have my friends, my drawing and my word to myself.

"Seen" and no reply

TWO MINUTES

No second message. "This is the lag." Move: a ten-minute walk.

GLANCE RULE

Messages: 12 p.m. and 7 p.m.

NET

...because I'm learning to be enough without a reply.

A date cancels

TWO MINUTES

No "I knew it." Breathe. Move: say yes to the friend's dinner instead.

GLANCE RULE

Dating app: 20 minutes on Sunday only.

NET

...because there are other people, other evenings.

The fight with her partner

TWO MINUTES

No door slamming. "Can I act on this today?" Yes: one calm sentence tomorrow.

GLANCE RULE

No rereading old messages.

NET

...because we've repaired before.

The ex is engaged

TWO MINUTES

Timer. Long breaths. Cry if needed. Move: text her best friend.

GLANCE RULE

Unfollowed. For her, not against him.

NET

...because my love life didn't end with him.

The friend doesn't call back

TWO MINUTES

"People get busy." Move: invite someone else for coffee.

GLANCE RULE

Call log: not a scoreboard.

NET

...because I have more than one door to belonging.



Money

The overdraft alert

TWO MINUTES

No panic buying, no doom scrolling. "Can I act today?" Yes: call the bank.

GLANCE RULE

Bank app: Sunday 6 p.m.

NET

...because I know my numbers and I have a plan.

A client says no

TWO MINUTES

No discount email. Move: send one new pitch.

GLANCE RULE

Inbox: 9 a.m. and 4 p.m.

NET

...because one no is one data point.

An unexpected bill

TWO MINUTES

Write it down. Payment plan? Move: one call.

GLANCE RULE

Mail: opened every evening, at the table.

NET

...because I've paid bills before.

No raise this year

TWO MINUTES

No resignation letter tonight. Move: write three wins.

GLANCE RULE

Job sites: Saturday, 30 minutes.

NET

...because my skills go with me.

Zero sales on launch day

TWO MINUTES

No deleting the page. "This is the lag." Move: talk to one customer.

GLANCE RULE

Sales dashboard: once a day, 8 p.m.

NET

...because launches grow, they don't explode.

The house offer refused

TWO MINUTES

Breathe together. Move: tell the agent what you learned.

GLANCE RULE

Listings: Wednesday and Saturday.

NET

...because there are other houses, and we're still saving.



Work, career & exams

The rejection email

TWO MINUTES

No "I'm not good enough." Move: draw for ten minutes.

GLANCE RULE

Portal: once a day at 6 p.m., decision season only.

NET

...because I'd still be a designer. Just in a different building.

A bad grade

TWO MINUTES

No quitting. "Can I act on this?" Yes: ask the teacher what was missing.

GLANCE RULE

Grade app: Friday.

NET

...because one grade isn't the year.

Passed over for promotion

TWO MINUTES

No angry email. Move: book a feedback meeting.

GLANCE RULE

LinkedIn: Sunday, 15 minutes.

NET

...because my experience counts here and elsewhere.

Ghosted after an interview

TWO MINUTES

"This is the lag." Move: apply to one more company.

GLANCE RULE

Email: 9 a.m. and 5 p.m.

NET

...because I have five other applications going.

Failed the driving test

TWO MINUTES

No "never again." Move: book the next lesson.

GLANCE RULE

No replaying the mistake at night.

NET

...because most people pass on the second try.

A harsh comment on her work

TWO MINUTES

No deleting the post. Move: show it to one person she trusts.

GLANCE RULE

Comments: once a day.

NET

...because one comment isn't my value.



Body & self-image

A bad photo

TWO MINUTES

Don't zoom. Phone down. Move: say your sentence.

GLANCE RULE

Photos: no reviewing for a week.

NET

...because people remember the moment, not the angle.

The scale goes up

TWO MINUTES

"Water and salt, not failure." Move: a 20-minute walk.

GLANCE RULE

Scale: once a week, Monday.

NET

...because I'm watching the trend, not the day.

A comment about her weight

TWO MINUTES

No eating it away. Move: call a kind friend.

GLANCE RULE

Mirror: morning and before going out.

NET

...because my worth isn't a number.

A breakout before the event

TWO MINUTES

Hands off the face. Move: get ready, go.

GLANCE RULE

Mirror: twice a day.

NET

...because nobody looks as hard as I do.

Missed a week of training

TWO MINUTES

No "I always quit." Move: ten push-ups now.

GLANCE RULE

Fitness app: Sunday.

NET

...because never miss twice starts today.

The clothes don't fit

TWO MINUTES

Not in the fitting room spiral. Move: wear what's comfortable today.

GLANCE RULE

No trying on old jeans.

NET

...because my body changes, and that's allowed.



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.

A sleepless night

TWO MINUTES

No clock-watching. "One night isn't a pattern." Move: slow breath.

GLANCE RULE

Clock turned around.

NET

...because I've had good nights after bad ones.

The panic comes back

TWO MINUTES

Long breaths out. "This passes." Move: name five things he can see.

GLANCE RULE

No googling symptoms. Questions go to his doctor.

NET

...because I've survived every panic so far, and I have help.

A craving

TWO MINUTES

The two-minute wave. Move: walk around the block.

GLANCE RULE

Count smoke-free days, once a day.

NET

...because one cigarette doesn't erase the days.

A worrying test result

TWO MINUTES

No forums. "Can I act today?" Yes: call the doctor.

GLANCE RULE

Health portal: when the doctor says.

NET

...because I'm taking care of it with people who know.

A flare-up of pain

TWO MINUTES

No "it's hopeless." Move: the gentle stretch, rest.

GLANCE RULE

Pain diary: one line at night.

NET

...because I've had good days after bad ones.

Exhausted again

TWO MINUTES

No double espresso spiral. Move: water and a ten-minute rest.

GLANCE RULE

Energy score: one number at night.

NET

...because I'm changing what I can, and checking the rest with a doctor.



Confidence & self-worth

She blanks in a meeting

TWO MINUTES

No replaying it all evening. Move: write the point she meant to make.

GLANCE RULE

No rereading the meeting chat.

NET

...because everyone has blanked once.

She said yes again

TWO MINUTES

"Can I act on this?" Yes: "I can't after all."

GLANCE RULE

Calendar: planned on Sunday.

NET

...because people survive a no.

Criticized at work

TWO MINUTES

No defending. Move: write what's useful in it.

GLANCE RULE

Feedback: read once, then filed.

NET

...because I'm good at my job and still learning.

The post got no likes

TWO MINUTES

Don't delete. "This is the lag." Move: post again next week.

GLANCE RULE

Stats: Sunday.

NET

...because the first hundred posts are practice.

A family remark at dinner

TWO MINUTES

No arguing. Breathe. Move: change the subject.

GLANCE RULE

No replaying the dinner at night.

NET

...because I know why I chose my life.

A visa or plan delayed

TWO MINUTES

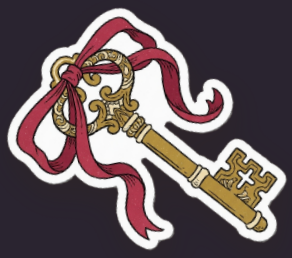
No cancelling everything. Move: one Portuguese lesson.

GLANCE RULE

Application status: Monday.

NET

...because the plan is late, not dead.



Keep your Two-Minute Card in the app

One tap opens the two-minute timer with your card. The app also counts your checks so you can watch them drop.

Tomorrow: everything comes together in one daily routine. Twenty-seven minutes. And the three moves that make you the person before the thing shows up.

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.

DAY 5

The Routine

Everything comes together



You have your target, your setting, your scene, your sentence, your bad days. Today you put it all in one routine. Twenty-seven minutes a day.

Two protocols: the three moves that make you the person before the thing shows up, and the daily routine that holds everything together.

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

1 Masterclass · Become the Person



Your 15-minute masterclass

The feeling follows the action, not the other way around. You'll pick three moves small enough for your worst day, then build the 27-minute routine: calm breath, sentence, scene flashes, moves, proof. One degree at a time, every day.

When the video ends: go to today's protocols ↓ *(Protocol 11: The Three Moves · Protocol 12: The 27-Minute Routine)*

2 Today's protocols

PROTOCOL 11

The Three Moves



⏱ 15 minutes · 10 minutes a day

📌 Pick them today. Do move 1 before be

Most people wait to feel like the person before they act like them. "When I feel confident, I'll talk to people."

It works the other way around. You draw, then you feel like a designer. The Three Moves: three small things the person you want to become does every day, and you start now, before you feel like that person.

The steps

1. **Go back to your Target Card.** The third line: "As someone who..." Your moves come from there.
2. **Turn each one into a move.** Every move must pass four tests. Tiny (10 minutes or less). Clear (yes or no at the end of the day). Yours (depends only on you). Daily (or close).
3. **Pick a worst-day version.** For each move, the smallest version you'd still do sick, tired or sad. Decide it now, not when you're tired.
4. **Draw your tracker.** 21 boxes per move. Paper on the wall beats an app.
5. **Do move 1 today.** Even the small version. Put an X in the first box.

Your card *saved on this device*

Move 1 (and its worst-day version)

Move 2 (and its worst-day version)

Move 3 (and its worst-day version)

21-day tracker *tap a box = X*

Move 1

Move 2

Move 3

Priya's three moves

- 1. Draw for ten minutes, every day. Worst day: one line.
- 2. Save one design she loves and write one line about why.
- 3. Show one drawing to one person per week. (It scared her the most.)
- Every day, her brain gets a fact: I'm someone who draws.

Done when...

Three moves, each tiny, clear, yours and daily.

A worst-day version for each.

Your tracker is drawn.

The first X is in.

Never break the chain twice

Missing one day is an accident. Missing two is the old habit. The worst-day version exists so that you never have to miss twice.

PROTOCOL 12

The 27-Minute Routine



⏱ 27 minutes a day · 10 on Sunday

📌 Starting tomorrow morning, for 21 days.

Everything you built this week, in one page. No more switching methods. No more starting over. One routine, done badly on bad days and well on good days, for 21 days.

Twenty-seven minutes. That's less than one episode of a series. And far less than the hours you used to spend checking.



- **6 min** Calm Breath
- **8 min** Card & Sentence
- **5 min** Scene flashes
- **7 min** Three Moves
- **1 min** One degree

The steps

1. **6 min · Calm Breath (morning).** Hand on chest, in 5, out 5, one warm feeling, end with your Target Card feeling. (Day 3)

2. **8 min · Card & Sentence (morning).** Read your Target Card once. Say your sentence step five times, slowly. Decide when you'll do each move today. (Days 1, 3, 5)

3. **5 min · Scene flashes (during the day).** Ten flashes of your End Scene, 30 seconds each. Before you open an app is a great moment. Checks only at your glance time. (Days 3, 4)

4 **7 min · Your three moves (during the day).** Small versions on bad days. If the 3D slaps you: Two-Minute Card. (Days 4, 5)

5 **1 min · One proof, one degree (night).** One line in your tracker: your X's and one piece of proof for your new setting. Then phone out of the room and your End Scene until you fall asleep. (Days 2, 3)

Your card *saved on this device*

My morning slot (13 min)

My scene-flash triggers

My night slot

Sunday check (10 min)

Sam's day

- 7:00 Calm Breath, 6 min. 7:06 Target Card, "I'm learning how money works" ×5, moves planned.
- Scene flashes before opening the bank app (which he only opens on Sunday now).
- Moves: track today's spending, read 10 pages, one call to his uncle.
- Night: two X's and one proof ("I said no to a 40 € dinner without guilt"). Phone in the hallway. Scene.

Done when…

Your morning slot, flash triggers and night slot are written.

Your Sunday check is in your calendar.

You know your worst-day version of the whole routine (2 minutes is still a yes).

Every 30 days, one degree

Look at the trend over four weeks, not one. Climb a step on your stairs if the current one is boring. Turn the thermostat up one degree if the new setting feels normal. Run the Drop Test again.

3 Examples · Three Moves (with worst-day versions)

Thirty-six sets of three moves. Every move is tiny, clear, yours and daily. In brackets: the worst-day version.



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 (feeling: enough)

MOVES

Draw 10 min (one line) · Keep one promise to herself (drink the water) · Say what she thinks once (one text to a friend)

Single (feeling: chosen)

MOVES

Say yes to one invitation a week (reply "maybe") · Start one conversation a day (a smile) · One thing for fun alone (5 min of music)

Marriage on autopilot (feeling: seen)

MOVES

Ask one real question at dinner (one at bedtime) · Ten minutes no phones together (two) · Book one date a month (put it in the calendar)

After the divorce (feeling: alive)

MOVES

Go out once a week (a walk in a new street) · Cook for someone once a week (for himself, properly) · One new thing a week (a new podcast)

Specific person, open hand (feeling: at peace)

MOVES

No checking outside glance time (just today) · Build her own life one hour a day (ten minutes) · Write one open-hand line at night (one word)

Belonging (feeling: belonging)

MOVES

Reach out to one person a day (a heart emoji) · Show up to one group a week (online) · Remember one detail about someone (write it down)



Money

The rent (feeling: safe)

MOVES

Track today's spending (one number) · Read 10 pages about money (one page) · One call or message for extra income (one search)

Freelance (feeling: free)

MOVES

Send one pitch a day (one LinkedIn comment) · Post one piece of work a week (a story) · Raise the price on every new quote (just write it)

The debt (feeling: light)

MOVES

Open every envelope the day it comes (open one) · Pay a fixed amount on the 1st (automate it) · One no-spend day a week (one no-spend meal)

The raise (feeling: respected)

MOVES

Write three wins every Friday (one) · Ask for feedback once a week (once a month) · Learn one skill 15 min a day (5 min)

The house (feeling: rooted)

MOVES

Move savings on payday (10 €) · Check the market on Sunday (5 min) · Money talk with partner on Sunday (one question)

The business (feeling: proud)

MOVES

Publish every day (one sentence) · Talk to one customer a day (one message) · Check the numbers on Friday (one number)



Work, career & exams

Design school (feeling: good enough)

MOVES

Draw 10 min (one line) · Save one design and why (one image) · Show one drawing a week (to her sister)

The promotion (feeling: heard)

MOVES

Speak once per meeting (one question) · Help one colleague a day (one answer) · Weekly update to her boss (three bullet points)

The interview (feeling: light)

MOVES

Practice one answer out loud (read it once) · Apply to one company a day (bookmark one) · Prepare one story (write the title)

Career change (feeling: meaningful)

MOVES

Study 30 min (10 min) · Listen to one person fully (one call) · Message one professional a week (find one name)

The exam (feeling: proud)

MOVES

Study 25 min with a timer (one flashcard set) · One practice question (read one) · In bed by 11 (by 11:30)

The artist (feeling: legitimate)

MOVES

Paint 20 min (a sketch) · Post one piece a week (a work in progress) · Contact one gallery a month (save its address)



Body & self-image

The party (feeling: relaxed)

MOVES

Say hi first to one person (eye contact and a nod) · Ask one question ("how was your day?") · Wear one thing he likes (a shirt)

The weight (feeling: at ease)

MOVES

Walk 30 min (10 min) · Cook one meal (assemble one) · Stay in one photo (a group photo)

The skin (feeling: free)

MOVES

Simple routine morning and night (wash only) · Mirror only at glance times (just mornings) · Go out once without checking (to the bakery)

The beach (feeling: present)

MOVES

Swim once a week (paddle) · Wear what's comfortable (one item) · Say yes to one outing (a walk)

Strength (feeling: solid)

MOVES

Train three times a week (20 squats) · Protein at every meal (at one) · Bed at 11 (11:30)

After the baby (feeling: myself)

MOVES

20 min alone (5 min) · Gentle movement (stretch in bed) · Ask for one piece of help a day (one)



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 (feeling: calm)

MOVES

Phone out of the room (out of reach) · Same bedtime (within 30 min) · Calm Breath before bed (2 min)

The anxiety (feeling: safe)

MOVES

Calm Breath every morning (2 min) · One small step outside his comfort zone (one stop on the metro) · Keep therapy appointments (always)

The energy (feeling: alive)

MOVES

Walk after lunch (5 min) · 1.5 L of water (one bottle) · Bed by 11 (11:30)

Quitting (feeling: present)

MOVES

Walk when the urge hits (around the block) · Count smoke-free days (one tick) · Use his doctor's support plan (as prescribed)

The pain (feeling: capable)

MOVES

Do her exercises (the first one) · One task at work she enjoys (five minutes of it) · Rest before she's exhausted (one pause)

Recovery (feeling: strong)

MOVES

Rehab exercises (half the set) · Write one progress line (one word) · One short walk (to the mailbox)



Confidence & self-worth

Speaking up (feeling: I count)

MOVES

One sentence per meeting (one question) · Prepare one point the night before (one word) · Say "I think" once a day (once)

Saying no (feeling: respected)

MOVES

Wait 24 h before any yes (one hour) · One no a week ("let me think") · Protect one hour a day (15 min)

The impostor (feeling: legitimate)

MOVES

Three wins every Friday (one) · Ask one question openly (in writing) · Say "thank you" to a compliment, nothing else (just smile)

Being visible (feeling: allowed)

MOVES

Post once a week (a story) · Show one piece to one person (a friend) · Keep going after a flop (post the next one)

Family peace (feeling: at peace)

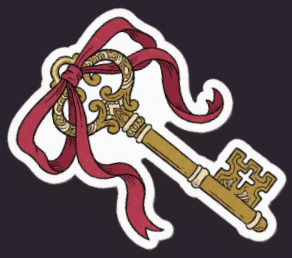
MOVES

Explain once, then change the subject (just change it) · One choice a day she makes alone (a small one) · One call home on her terms (a message)

Moving abroad (feeling: free)

MOVES

15 min of Portuguese (one word) · Move 300 € to savings on payday (50 €) · One message to someone in Lisbon a week (follow one account)



Run your routine in the app

The 27-minute routine, your three moves, the 21-day tracker and the Sunday check, all in one place.

That's the five days. Now you repeat for 21 days. Not perfectly. Just without missing twice. See you on the other side.

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