

# The 3-Day Starter Experiment

Free Mini-Program + Worksheets

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*A guided 10-minute daily practice for clarity, confidence & aligned action.*

# THE 3-DAY STARTER EXPERIMENT

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*A free mini-program from The 30-Day Manifestation Logbook*

## Welcome: Read This First (2 minutes)

This is not a sample. It's not a teaser for something else. It's a complete 3-day experiment, and by the end of Day 3 you will have run one full cycle of the method the entire Lab is built on.

**The method has three steps — L.A.B.:**

- **Locate** — Pick one thing that actually matters to you, and write down where you stand right now.
- **Act** — Write a short script, then do one small real-world thing within 24 hours.
- **Build** — Write down what actually happened. Including "nothing much." That's data too.

**What you need:** 10 minutes a day, a pen, these pages, and your phone timer. That's it.

**One rule for all three days:** be specific and be honest. Vague wishes produce vague results. "I want to feel calmer about money" beats "I want abundance." You'll see why on Day 1.

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## DAY 1 — LOCATE (10 minutes)

*Goal: one clear intention, one honest baseline, one reality check.*

**Step 1 — Write your intention (3 min).** One sentence. One area of life. Specific enough that you could act on it this week. Write what you actually want, not what you think you should want.

*Worked example:*

*"I want to stop feeling behind on money — starting with knowing exactly where my spending goes."*

What makes this good: it's one area (money), it's specific (knowing where spending goes), and it's honest (she didn't write "I want to be a millionaire" — she wrote the thing that actually bothers her at 11pm).

Try yours now: \_\_\_\_\_

**Step 2 — Record your baseline (4 min).** Write one factual sentence about where you stand right now. No judgment, no spin. A baseline is just "before" so that "after" means something.

*Worked example:*

*"Right now I have no idea what I spend in a typical month. I haven't looked at my statements in about six months."*

Your baseline: \_\_\_\_\_

**Step 3 — The reach check (3 min).** Ask: *"Is this within reach this month — at least partly?"* Answer: fully / partly / not yet. If the answer is "not yet," shrink the intention until the answer becomes "partly." Small and reachable beats big and paralyzing.

*Worked example:* Her first draft was "I want to save a full emergency fund." Reach check: not yet. She shrank it to the intention above. Reach check: partly. Good — that's the one she kept.

Your reach check: ■ fully ■ partly ■ not yet → (if not yet, my smaller version: \_\_\_\_\_)

■ **Day 1 is done when:** you have one intention sentence, one baseline fact, and one reach-check answer written down.

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## DAY 2 — ACT (10 minutes)

*Goal: one short script + one real action scheduled within 24 hours.*

**Step 1 — The 60-second reset (2 min).** Before you write, settle your body: two quick inhales through your nose, then one long slow exhale through your mouth. Do it twice. This isn't mystical — it's a physiological sigh, and it dials down the background static so you can think clearly.

**Step 2 — Scripting (5 min).** Write 5–8 sentences in the present tense, describing an ordinary day about a month from now *as if the small change already happened*. Include one sensory detail (something you see, hear, or touch) and one action you took to get there. Keep it believable — your brain rejects scripts that feel like lies.

*Completed example (same person, Day 2):*

*"It's Tuesday morning and I'm drinking coffee at my kitchen table. I open my spending tracker — the simple one I made last week — and it takes four minutes to update. I feel calm looking at the numbers because there are no surprises anymore. Last week I cancelled two subscriptions I wasn't using. My sister texts about dinner and I say yes without doing anxious math in my head first."*

Why this works: present tense + sensory detail + a concrete action focuses your attention. For the next few days, your brain's attention filter (the reticular activating system — the same system that makes you suddenly notice a car model everywhere after you buy one) will quietly flag spending-related opportunities you'd normally miss. That's attention doing its normal job, not magic.

Your script (5–8 sentences):

**Step 3 — One aligned action (3 min).** Write it in this exact format: *"I will [specific action] by [specific time]."* It should take under 20 minutes.

*Worked example:* "I will open last month's bank statement and list every recurring subscription by 8pm tonight."

Your action: \_\_\_\_\_

■ **Day 2 is done when:** you have a 5–8 sentence script and one action written in the "I will \_\_\_\_ by \_\_\_\_" format.

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## DAY 3 — BUILD (10 minutes)

*Goal: an honest review of what happened — including "nothing changed."*

**Step 1 — The Evidence Log (5 min).** Fill this in plainly. "Nothing changed" is a completely valid entry — it tells you the action needs adjusting, not that you failed.

- **What I predicted:** \_\_\_\_\_
- **What I actually did:** \_\_\_\_\_
- **What happened — including "no change":**  
\_\_\_\_\_
- **What else could explain it:** \_\_\_\_\_
- **What I'll adjust:** \_\_\_\_\_

*Worked example:*

***Predicted:** I'd feel calmer about money. **Did:** Listed every subscription; found two I wasn't using; cancelled one. **Happened:** No windfall, no miracle — but I know my numbers now, which is more than I knew on Day 1. **Else:** The calm probably came from having information, not from the scripting alone. Fine. **Adjust:** Keep the tracker; add a 5-minute Sunday review.*

**Step 2 — Your Mini Lab Report (3 min).** One short paragraph:

"In 3 days I \_\_\_\_\_. I noticed \_\_\_\_\_. The most useful part was \_\_\_\_\_. Next I'd like to \_\_\_\_\_."

**Step 3 — Score it (2 min).** Would you keep doing a version of this?

- Yes ■ Maybe ■ No — all three are fine answers. This was an experiment, and experiments are allowed to produce "not for me."

■ **Day 3 is done when:** your Evidence Log is filled in and your one-paragraph Lab Report is written.

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## YOUR EXPERIMENT CONTINUES

You just ran the full L.A.B. loop once: Locate → Act → Build. The **30-Day Manifestation Logbook** runs that loop for 30 days, with each week going deeper:

- **Week 1 — Calibration:** one clear hypothesis, your baseline, an honest audit of the beliefs running in the background.
- **Week 2 — Priming:** attention training, the 369 ritual (optional — you'll learn the honest time cost first), learning to spot micro-evidence.

- **Week 3 — Resistance:** the Day 12 slump protocol for when motivation dips, plus real-world micro-actions that keep the loop alive.
- **Week 4 — Integration:** pattern review across your Evidence Log, separating what you can control from what you can't, and your personal plan for the next 30 days.

**Inside the full Lab (\$9.99, one-time, digital download):** the Field Manual · the 30-day guided journal (four phases — not 30 identical pages) · all worksheets and trackers · 3 guided audio sessions with transcripts · printable, fillable, and tablet versions.

No countdown timer here. No "price goes up at midnight." If these 3 days were useful, the 30 days go deeper — whenever you're ready.

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## WORKSHEETS PACK

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*Print these or fill them in your PDF reader. Each one states its time cost up front.*

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### Worksheet 0 — The Locate Sheet

**Time: 15 minutes, once (Day 1) · Done when: one intention + three obstacles + one belief + one observable good day.**

This is the sheet the Field Manual's Chapter 1 walks you through. Fill it before you start Day 1.

- **My one-sentence intention:** \_\_\_\_\_
- **Three concrete obstacles** (be specific — "I freeze when the professor looks at me," not "fear"):

1.

2.

3.

**One belief underneath the obstacles** (usually sounds like "People like me don't \_\_\_\_"):

**What a neutral observer would see on a good day** ("She raised her hand once" — not "She felt amazing"):

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## Worksheet 1 — The Belief-to-Behavior Bridge

**Time: 15 minutes · Done when: all five boxes hold specific words, not vague ones.**

A discouraging thought is only a sentence in your head — until you test it. This sheet turns one into an experiment.

### **1. The discouraging thought — write it in your exact words:**

*Example: "I always fail at saving money."*

### **2. Evidence check — be a fair judge, both sides:**

What actually supports it:

*Example: "I dipped into savings twice last year."*

What doesn't support it:

*Example: "I kept my emergency fund untouched for eight months straight."*

### **3. A more balanced alternative — believable, not grandiose:**

*Example: "Saving is hard for me when nothing is automatic. A tiny automatic transfer might work."*

(Note: not "I am a money magnet." Your brain rejects scripts it doesn't believe. Write the truest upgrade you can actually stand behind.)

### **4. One small behavior to test this week:**

*Example: "Set up a small weekly auto-transfer every Friday and check it Sunday."*

### **5. What I'll observe (so the test means something):**

*Example: "Did the transfer happen? How did I feel seeing it there on Sunday?"*

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## Worksheet 2 — The Future Self Interview

**Time: 15 minutes · Done when: four answers in future-self voice + one present-tense action with a deadline.**

Close your eyes for 30 seconds. It's 12 months from now, and the small changes held. Now answer as that version of you — present tense, concrete details.

### 1. What does a normal Tuesday look like?

*Example: "I wake up without the money-dread. I check my tracker over coffee — four minutes, no surprises."*

### 2. What decision are you glad you made?

*Example: "I'm glad I started the weekly review even though the first month felt pointless."*

### 3. What routine actually stuck?

*Example: "The Sunday 5-minute money check. Everything else came and went; that one stayed."*

### 4. What value guides you now?

*Example: "Clarity over comfort. I'd rather know the number than avoid it."*

### 5. One actionable step my present self can take this week:

*Example: "I will do the first Sunday 5-minute check this Sunday at 7pm."*

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## Worksheet 3 — Weekly Progress Tracker

**Time: 5 minutes, every Sunday · Done when: one row is filled each week.**

| Week # | Intention (one line)        | Actions taken (count them)                           | Evidence notes (write "none" if none)   | Energy 1–5 | One adjustment for next week       |
|--------|-----------------------------|------------------------------------------------------|-----------------------------------------|------------|------------------------------------|
| 1      | <i>Ex: Know my spending</i> | <i>Ex: 3 (listed subs, cancelled 1, set tracker)</i> | <i>Ex: Found 2 unused subscriptions</i> | 3          | <i>Ex: Add Sunday 5-min review</i> |
| 2      |                             |                                                      |                                         |            |                                    |
| 3      |                             |                                                      |                                         |            |                                    |
| 4      |                             |                                                      |                                         |            |                                    |

*How to read it after 4 weeks: if "actions taken" is growing, the system is working even if results are slow. If energy is dropping two weeks in a row, shrink the intention — don't push harder.*

## Worksheet 4 — Process-Based Vision Board

**Time: 20 minutes · Done when: all five boxes are filled and the last one has a 48-hour deadline.**

Most vision boards are collages of things. This one is a plan with pictures. One board per intention.

**1. WHAT I WANT** — one image, phrase, or sketch:

*Example: (photo of a calm, uncluttered desk) "A money life with no surprises."*

**2. WHY IT MATTERS** — one honest sentence:

*Example: "Because the low-grade dread every time I open my banking app is exhausting."*

**3. WHAT'S WITHIN MY CONTROL** — list only things you can directly do:

*Example: "Tracking spending, cancelling unused subscriptions, a weekly 5-minute review. NOT: getting a raise, market returns, other people's decisions."*

**4. THE BEHAVIOR THAT SUPPORTS IT** — the smallest repeatable version:

*Example: "Sunday 5-minute spending check. That's the whole engine."*

**5. MY NEXT SMALL STEP** — within 48 hours, with a day and time:

*Example: "This Sunday 7pm: first 5-minute check."*

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## **Worksheet 5 — The Unexpected Results Review**

**Time: 10 minutes · Use: any time from Day 12 on, or whenever things feel off · Done when: at least 3 of the 5 prompts are answered honestly.**

Setbacks are data wearing a disguise. This sheet is for the weeks when the experiment feels like it's stalling.

**1. What surprised me?**

*Example: "I expected to feel motivated. Instead I felt annoyed at the journal for the first week."*

**2. What disappointed me?**

*Example: "No visible change in my savings after two weeks. The tracker works; the number just hasn't moved."*

**3. What stayed exactly the same?**

*Example: "My income, my bills, my schedule. The circumstances didn't change — only my awareness of them did."*

**4. What else could explain these results?**

*Example: "Two weeks is short. Also, I skipped the Sunday reviews twice, so the 'system' wasn't really running."*

**5. What will I adjust — and what will I keep?**

*Example: "Adjust: do the review Saturday morning instead of Sunday night when I'm tired. Keep: the daily 3-line scripting — that part feels easy and I actually like it."*

*A note that matters: your thoughts do not cause every event in your life, and a disappointing week is not evidence that you did the experiment wrong. Some things need more time. Some need a different approach. A few are simply outside your control — and naming which is which is the most useful skill this Lab teaches.*