

THE POWER OF  
THREE - SQUARED  
PLUS THREE™

*A POWERFUL FORMULA  
AND LIFESTYLE HABIT WHICH WILL  
TRANSFORM YOUR LIFE FOREVER!*

PERSONAL JOURNAL

BELONGING TO: \_\_\_\_\_

DATE: \_\_\_\_\_

# THE POWER OF $3^2 + 3$

***“To become a master of change and to perfect my attitude, I thought it was only necessary to look ‘inward’. And looking inward is necessary. While looking inward, I discovered that to truly become a master of oneself, you must also reach ‘outward’. In doing so I developed a strategy I call The Power of  $3^2$  (3 squared) + 3, which has transformed my life forever. My prayer is that you’ll commit to trying this for one week...and that it will transform your life as well.”***

**... Stewart Welch, III**

Here’s the Formula:

1. **List 3 blessings.** Before rising each day, take a moment to list 3 things that you are grateful for.  
What you focus on in your life will expand; therefore takes some time each day to remember the things in your life you are grateful for.
2. **List 3 daily actions.** Before starting your day, list the 3 most important things you need to accomplish this day. At least one of those actions must be focused on one of your predetermined intentions (goals). Don’t end your day until all 3 are done.  
Be clear about your intentions, and then take action. The universe rewards action.
3. **Uplift 3 people.** Commit to encouraging 3 people in a very specific way each day. You’ll know you achieved it when you see their life ‘light up’ in their eyes.
4. **Celebrate 3 successes.** At the end of your day, identify and celebrate three ‘wins’ (positive results) for your day.

Tip: Maintaining a log book is a great way to record your successes and a great source of encouragement to you if you ever feel a bit down.

## DAY 1

*“You are what your deep driving desire is. As your desire, so is your will.  
As your will, so is your deed. .As your deed, so is your destiny.”  
... Brihadavanyaka Upanishad IV.4.5*

Date: \_\_\_\_\_

**List 3 daily blessings.** Begin your day by focusing on Gratitude. List 3 things in your life that you are grateful for today.

1. \_\_\_\_\_  
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2. \_\_\_\_\_  
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**3 Things I will accomplish today.** The Universe rewards Action - Focus on your Intentions and take Action.

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**Uplift 3 people each day.** Ask yourself: how can I help, how can I heal, how can I serve?

It is important to be a good at both giving and receiving.

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**Celebrate 3 Successes at the end of your day.** Reflect on your wins for the day.

Remember what you focus on in your life will expand; where attention goes energy flows!

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**Personal Notes:**

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## DAY 2

*“If one advances confidently in the direction of his dreams, and endeavors to lead a life which he has imagined, he will meet with success unexpected in common hours.”  
... Henry David Thoreau*

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DAY 3

*“Intent is a force that exists in the universe. When sorcerer’s (those who live of the Source) beckon intent, it comes to them and sets up the path for attainment, which means that sorcerers always accomplish what they set out to do.”*

*... Carlos Casteneda*

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DAY 4

*“Destiny is not a matter of chance; it is a matter of choice. It is not a thing to be waited for; it is a thing to be achieved.  
... William Jennings Bryan*

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DAY 5

*“Concerning all acts of initiative and creation there is one elementary truth -  
That the moment one definitely commits oneself, then providence moves too.”  
... Goethe*

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## DAY 6

*“Ultimate success begins with a passionate vision of the outcome you want. Once you have absolute clarity, doors will begin to open.”  
... Stewart H. Welch, III*

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DAY 7

*“I am now open to the power of Grace in my life. I ask to be shown clear examples of what I need to do to achieve my goals or something better, and how to face my challenges with courage, wisdom & strength.”*

*... Cheryl Richardson, The Unmistakable Touch of Grace*

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***Today I will not criticize, condemn or complain.***

***Every decision I make is a choice between a grievance and a miracle.***

***I am responsible for what I see.***

***I choose the feelings I experience.***

***I set the goals that I will achieve,  
And everything that seems to happen to me,  
I ask for and receive as I have asked.***

***... A Course in Miracles***