

The 6-Times Card

Five calm minutes in the morning. One line in the evening. Seven days.

Morning — 5 minutes

1	Calm the body	Sit. Eyes closed. 3 slow breaths — out longer than in. Loosen face, shoulders, belly, legs.
2	Count down	A staircase of 10 steps. Walk down: 10, 9, 8 ... 1. A little calmer with every number.
3	One intention	One short, positive sentence you can act on today.
4	Say it 6 times	1 words · 2 meaning · 3 a real situation · 4 what you do differently · 5 the feeling · 6 full attention
5	Let go	A few breaths. Don't check if it "worked". Open your eyes and live your day.

My intention (same one for all 7 days):

A real situation where I will need it:

Evening — one question

"What did I do today that matched this intention?" One line. Small things count.

Day	Practice	My one line
1		
2		
3		
4		
5		
6		
7		

Day 7 — what changed in how I react or act?

Nichod: Pehle sharir shaant, phir ek iraada, 6 baar dhyaan se. Asli test din me hota hai — 2 second rukna, kaam pehle shuru karna. Jaadu nahi, dhyaan ki training.

Inspired by the Silva Method. A relaxation and focus exercise, not a treatment. Guided version with voice:
successpathguru.com/six-times-intention.html