



MINDSET MATTERS

*Using the 3-6-9 Method to
condition your mind, into
achieving your goals and next
level of success.*

KAYLEE ROBERT

A woman with long dark hair, wearing a black t-shirt, stands with her hands on her hips. The image is faded and serves as a background for the text.

DID YOU KNOW?

Harvard research on habit formation and behavioural change shows that identity-based repetition creates more lasting transformation than motivation alone.



HEY, I'M KAYLEE

I'm 34, married, and a mom to two beautiful (and very busy!) toddlers.

I've built my career as a Meta Ads specialist, property content creator and high-ticket digital course coach. But now, after 10 years of helping build everyone else's business, it's my turn **to finally build my own.**

Today, I'm intentionally building a business that gives me **more time and financial freedom. My non-negotiable is to have fun along the way.** I've also decided to document the journey: the wins, the lessons, the setbacks, and the mindset shifts; because I know I'm not the only woman who wants more from life.

Along the way, one thing has become incredibly clear to me... Success isn't just about strategy. It's about believing **you're worthy** of the life you're trying to create. You can know exactly what to do... and still not do it if your mind and body don't feel safe or aligned to succeed.

That realisation led me down the path of neuroscience and nervous system regulation. Not as a replacement for action, but as the missing piece that allows action to finally feel safe, aligned, and sustainable.

Today, everything I teach combines practical strategy with evidence-based mindset tools to help you regulate your nervous system, rewire limiting beliefs, and become the version of yourself capable of creating the life you truly want.

My hope is that this workbook is more than just another exercise.

I hope it helps you believe in yourself a little more, take one brave action, and realise that your next level isn't reserved for everyone else.

Because you are worthy of a life that excites you.

Now it's time to claim it.

If this interests you, then I would love for you to follow along the journey. @letscreate.withkaylee

The “3, 6, 9 Method”

A Soft Discipline Practice

Repetition builds familiarity.
Familiarity builds safety.
Safety builds belief.



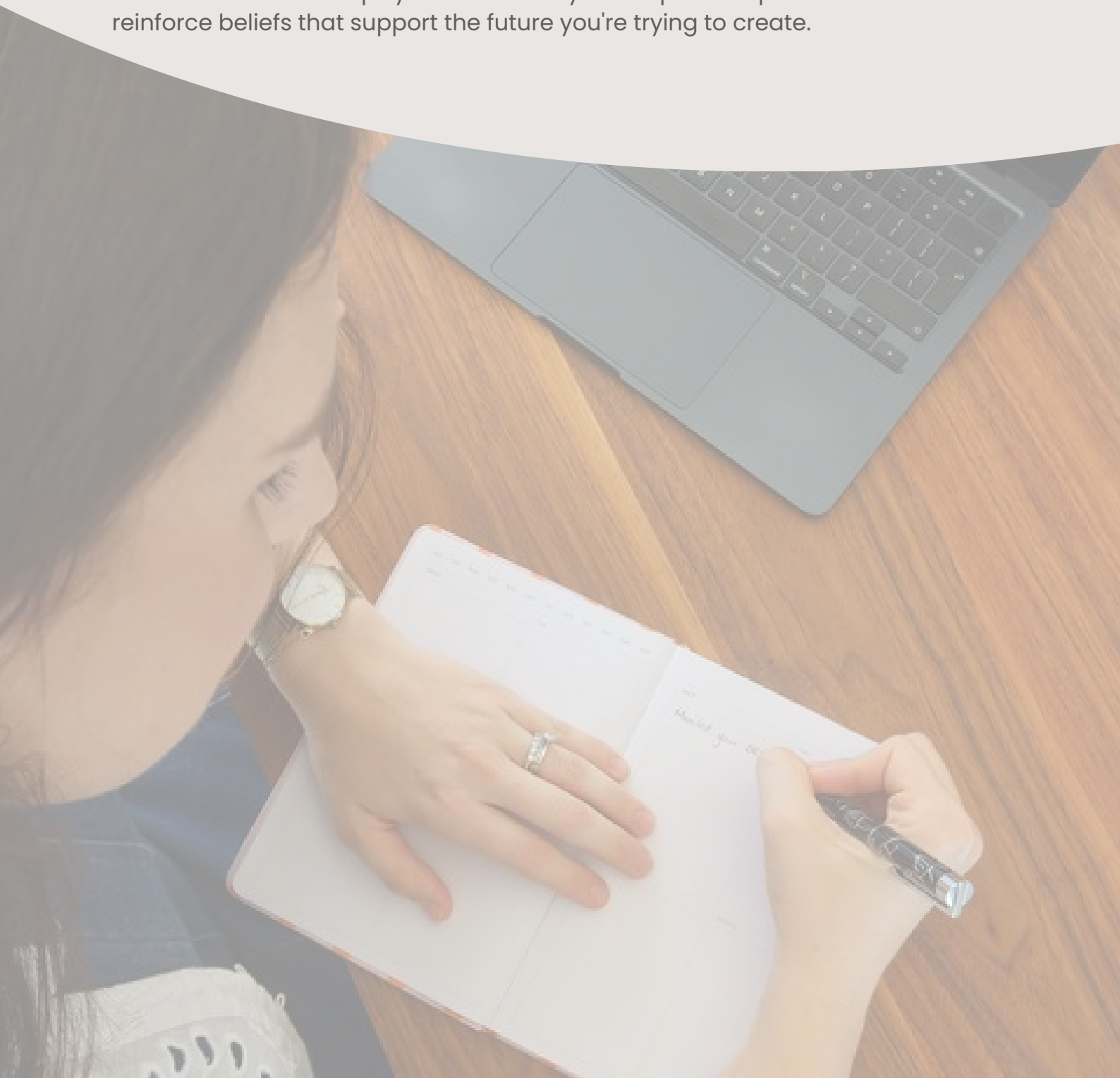
The “3, 6, 9 Method”

Not everything powerful needs to be complicated.

The power of the 3-6-9 method isn't in the numbers themselves. The power comes from repetition.

Every time you repeat a thought, you strengthen a neural pathway. The problem is that most people repeat thoughts like "I'm behind," "Nothing is working," or "Nobody wants what I offer."

The 3-6-9 method helps you intentionally interrupt those patterns and reinforce beliefs that support the future you're trying to create.



Let's Look At:

THE 3-6-9 METHOD

Morning (3 times): Write down your core desire or affirmation. (The number 3 represents creativity and setting your intention for the day).

Afternoon (6 times): Write your desire down six times. (The number 6 represents harmony and keeps your mind focused on the goal).

Night (9 times): Write your desire down nine times. (The number 9 represents completion and reinforces your goal before sleep).



Let's Look At:

THE 3-6-9 METHOD

- **Be Clear and Specific:** Focus on exactly what you want (e.g., "I am so grateful for the new job that I love.").
- **Feel the Emotion:** As you write, try to feel the actual emotions and gratitude you would have if your desire had already come true.
- **Consistency:** Most practitioners recommend doing this daily for 21 to 33 days in a row without missing a day.
- **Focus on One Goal:** It is generally recommended to focus on only one specific affirmation at a time.



EXAMPLES

It is safe for me to be seen and attract aligned clients through my content and marketing.

I am becoming the healthiest, strongest version of myself one day at a time.

*It is safe for me to become lighter, stronger, healthier, and more confident.
I lovingly release what no longer serves my body and embrace the habits that help me thrive.*

I am becoming a healthy, confident woman because my daily habits now reflect the future I want to create.

I am becoming the woman who confidently receives, manages, and grows her wealth.

I trust myself to make empowered decisions in my business.

I create a relationship where both of us feel seen, valued, and supported.

I naturally attract and create relationships built on trust, respect, and emotional safety.



Now, it's your turn

DAY 1

Morning:

1.

2.

3.

Afternoon:

1.

2.

3.

4.

5.

6.

Evening:

1.

2.

3.

4.

5.

6.

7.

8.

9.

Now, it's your turn

DAY 2

Morning:

1.

2.

3.

Afternoon:

1.

2.

3.

4.

5.

6.

Evening:

1.

2.

3.

4.

5.

6.

7.

8.

9.

Now, it's your turn

DAY 3

Morning:

1. _____
2. _____
3. _____

Afternoon:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Evening:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

Now, it's your turn

DAY 4

Morning:

1. _____
2. _____
3. _____

Afternoon:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Evening:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

Now, it's your turn

DAY 5

Morning:

1. _____
2. _____
3. _____

Afternoon:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Evening:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

Now, it's your turn

DAY 6

Morning:

1.

2.

3.

Afternoon:

1.

2.

3.

4.

5.

6.

Evening:

1.

2.

3.

4.

5.

6.

7.

8.

9.

Now, it's your turn

DAY 7

Morning:

1. _____
2. _____
3. _____

Afternoon:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Evening:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

Now, it's your turn

DAY 8

Morning:

1. _____
2. _____
3. _____

Afternoon:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Evening:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

Now, it's your turn

DAY 9

Morning:

1.

2.

3.

Afternoon:

1.

2.

3.

4.

5.

6.

Evening:

1.

2.

3.

4.

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6.

7.

8.

9.

Now, it's your turn

DAY 10

Morning:

1. _____
2. _____
3. _____

Afternoon:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Evening:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

Now, it's your turn

DAY 11

Morning:

1.

2.

3.

Afternoon:

1.

2.

3.

4.

5.

6.

Evening:

1.

2.

3.

4.

5.

6.

7.

8.

9.

Now, it's your turn

DAY 12

Morning:

1. _____
2. _____
3. _____

Afternoon:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Evening:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

Now, it's your turn

DAY 13

Morning:

1. _____
2. _____
3. _____

Afternoon:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Evening:

1. _____
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5. _____
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8. _____
9. _____

Now, it's your turn

DAY 14

Morning:

1.

2.

3.

Afternoon:

1.

2.

3.

4.

5.

6.

Evening:

1.

2.

3.

4.

5.

6.

7.

8.

9.

Now, it's your turn

DAY 15

Morning:

1.

2.

3.

Afternoon:

1.

2.

3.

4.

5.

6.

Evening:

1.

2.

3.

4.

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6.

7.

8.

9.

Now, it's your turn

DAY 16

Morning:

1. _____
2. _____
3. _____

Afternoon:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Evening:

1. _____
2. _____
3. _____
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5. _____
6. _____
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9. _____

Now, it's your turn

DAY 17

Morning:

1. _____
2. _____
3. _____

Afternoon:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Evening:

1. _____
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5. _____
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Now, it's your turn

DAY 18

Morning:

1. _____
2. _____
3. _____

Afternoon:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Evening:

1. _____
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5. _____
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Now, it's your turn

DAY 19

Morning:

1. _____
2. _____
3. _____

Afternoon:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Evening:

1. _____
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9. _____

Now, it's your turn

DAY 20

Morning:

1.

2.

3.

Afternoon:

1.

2.

3.

4.

5.

6.

Evening:

1.

2.

3.

4.

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6.

7.

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9.

Now, it's your turn

DAY 21

Morning:

1. _____
2. _____
3. _____

Afternoon:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Evening:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____



YOU'RE CLOSER THAN YOU THINK!

If you've completed these 21 days, well done!

You've already done something most people never do.

You chose yourself.

You proved that you're capable of showing up consistently.

And more importantly... You've started becoming the version of yourself who believes she can create a different future.

Lasting transformation doesn't happen from one breakthrough. It happens through repetition. **Identity.** And **taking aligned action** before you feel completely ready.

So, with that said, please don't stop here.

This workbook was never meant to be the destination.

It's only the beginning.

"YOUR NEXT LEVEL HAS NEVER BEEN
ABOUT LUCK. IT'S ABOUT BECOMING
THE WOMAN WHO FEELS SAFE
ENOUGH TO RECEIVE IT."

FOLLOW THE JOURNEY

Instagram: [@letscreate.withkaylee](https://www.instagram.com/letscreate.withkaylee)

I'm documenting the real, messy journey of building a business, rewiring my mind and creating more freedom. I'd love to have you follow along.

KAYLEE ROBERT