
THE WEEKLY PROGRAM

To give you a better overview of the entire 14-step program, I have summarized it all here. The intention is for you to focus specifically on one topic per week, while continuing with the most important parts from the previous steps. Tick the box for each item you complete during the week. If you haven't already, sign up for the email reminders you find at kristianhall.com/system.

If you find the program below too extensive, you can make your own selection by removing items that you cannot do or that do not work for you. Alternatively, you can extend each week to be two weeks or even a month, and let the program run for a longer period.

It is essential that you *never give up on yourself*, even if you do not achieve everything in the program for one or more weeks. What is important is that you do *something*. Doing something is infinitely better than doing nothing. If you have to drop or skip a week or so, it does not matter. Simply get back on the program when you feel ready.

Whilst gradually getting rid of the habit of beating yourself up internally, you can phase in a habit of giving yourself a pat on

the back every time you do something to work on your progress, and every time you do one of the techniques or follow the steps in the book. It is important to celebrate progress, no matter how small it may seem.

As you can see, I suggest you eat a *little* healthier and go for a walk every day. As I see it, these two measures are the least demanding, and the easiest to put into practice. You've come a long way if you manage to do these two things almost every day, or at least a few times during the week.

WEEK 1

- Perform a start-up ritual. It does not have to be big and complicated. You can select the short version in Step 1.
- Write in your journal about the fact that you have decided to do what you can to improve your life.

WEEK 2

- Consult your doctor to find out if you have a deficiency of vitamin D or other nutrients.
- Buy a dietary supplement containing the recommended dose (see page 62) of Omega-3, such as cod liver oil. If your doctor finds a lack of other nutrients, buy additional dietary supplements as per your doctor's recommendations.
- Take the supplements every day.
- Eat at least a handful of vegetables every day.

WEEK 3

- Take dietary supplements and eat at least a handful of vegetables every day.

- Slowly start with (more) exercise. It does not have to be more than a short walk every day. Preferably in daylight, preferably in nature, and preferably in the company of people you like and who have a positive impact on you.

WEEK 4

- Take dietary supplements and eat at least a handful of vegetables every day.
- Go for a walk every day, or do some other form of aerobic exercise or movement that increases your heart rate.
- Do the Practice with a Piece of White Paper (page 78).
- Sing or dance a little every day, or do something else that gives you positive feelings.
- Listen to uplifting music. You can find playlist suggestions at kristianhall.com.

WEEK 5

- Take dietary supplements and eat at least a handful of vegetables every day.
- Go for a walk every day, or do some other form of aerobic exercise or movement that increases your heart rate.
- Keep a sleep log. Start to become aware of how your sleep is affected by the different factors in your life. Avoid screen time before you go to bed.

WEEK 6

- Take dietary supplements and eat at least a handful of vegetables every day.
- Go for a walk every day, or do some other form of aerobic exercise or movement that increases your heart rate.

- Keep a sleep log.
- If you are not already in therapy, and have never been before, contact your doctor to start the process of finding a therapist.
- Write every day, in a journal or something similar, about how you are feeling.

WEEK 7

- Take dietary supplements and eat at least a handful of vegetables every day.
- Go for a walk every day, or do some other form of aerobic exercise or movement that increases your heart rate.
- Keep a gratitude journal and add to it every evening.

WEEK 8

- Take dietary supplements and eat at least a handful of vegetables every day.
- Go for a walk every day, or do some other form of aerobic exercise or movement that increases your heart rate.
- Keep a gratitude journal and add to it every evening.
- Try to do something enjoyable a couple of days, or evenings, during the week with people who lift you up and that you like spending time with. If you currently do not have such people around you, try to identify places you can find people like this in the future.

WEEK 9

- Take dietary supplements and eat at least a handful of vegetables every day.

- Go for a walk every day, or do some other form of aerobic exercise or movement that increases your heart rate.
- Keep a gratitude journal and add to it every evening.
- Do the Practice with a Piece of White Paper again.
- Reflect on what positive and negative triggers are for you, and what you can do to avoid the negative ones and get more of the positive ones (read about triggers in Step 9).

WEEK 10

- Take dietary supplements and eat at least a handful of vegetables every day.
- Go for a walk every day, or do some other form of aerobic exercise or movement that increases your heart rate.
- Keep a gratitude journal and add to it every evening.
- Practice the *Extended ABC* every day (page 146).

WEEK 11

- Take dietary supplements and eat at least a handful of vegetables every day.
- Go for a walk every day, or do some other form of aerobic exercise or movement that increases your heart rate.
- Keep a gratitude journal and add to it every evening.
- Find something you can work with to give you a greater degree of meaning in your life. Plan what you want to do with this.

WEEK 12

- Take dietary supplements and eat at least a handful of vegetables every day.

- Go for a walk every day, or do some other form of aerobic exercise or movement that increases your heart rate.
- Keep a gratitude journal and add to it every evening.
- Choose one problem in your life and make a plan to resolve it using the method in Step 12.
- Take the test on viacharacter.org.
- Plan ways to increase the sense of achievement in your life.

WEEK 13

- Take dietary supplements and eat at least a handful of vegetables every day.
- Go for a walk every day, or do some other form of aerobic exercise or movement that increases your heart rate.
- Keep a gratitude journal and add to it every evening.
- Meditate every evening by doing Body Scans (page 190). Alternative: Listen to the self-hypnosis recording every evening.

WEEK 14

- Take dietary supplements and eat at least a handful of vegetables every day.
- Go for a walk every day, or do some other form of aerobic exercise or movement that increases your heart rate.
- Keep a gratitude journal and add to it every evening.
- Meditate every night by performing the Love Meditation. Alternatively you can, within yourself, wish three people a good day. Do this daily.

When you have finished the program, continue the activities that worked best for you. You can create your own weekly program in which you give yourself weekly tasks, and then tick off each task you have completed.

Find out which activities and exercises are right for you, and make them a habit for life. This way you can prevent future relapses into depression and build a life with much greater joy and contentment.