START HERE · ONE DAY

The 24-Hour Awareness Experiment

Choose one day.

- Pause three times: morning, afternoon and evening. You choose the times.
- Each time, answer the four questions below.
- Don't judge. Don't try to change anything. Simply observe.

DATE _____

MORNING PAUSE PAUSE AT ____ : ____

What am I doing? _____

What am I thinking? _____

What am I feeling? _____

Did I consciously choose this? _____

AFTERNOON PAUSE PAUSE AT ____ : ____

What am I doing? _____

What am I thinking? _____

What am I feeling? _____

Did I consciously choose this? _____

EVENING PAUSE PAUSE AT ____ : ____

What am I doing? _____

What am I thinking? _____

What am I feeling? _____

Did I consciously choose this? _____

What did I notice about my avatar today?

_____

_____

_____

A CARE NOTE You can skip any question. If something heavy comes up, you can stop and talk to someone you trust or someone trained to help.

> *You cannot change what you do not notice.*