

# Microdosing Journal

*Track Your Psychedelic Microdosing Experiences with Ease*

## This Journal Belongs To:

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

Dosage: \_\_\_\_\_

Time consumed: \_\_\_\_\_

Form consumed: \_\_\_\_\_

How do I feel today?



Great



Good



Okay



Bad



Terrible

**Self Check-In**

*Your Mood:*

*Your Energy Level:*

*How Creative You Feel:*

*Your Focus/Concentration:*

*Your Spiritual Insights:*

*Your Heightened Senses:*

*Your Sleep/Dreams:*

**NOTES (Draw or write):**

**Microdosing Journal**

For more ways to optimize and integrate your intentions, explore [BeccaWilliams.org](http://BeccaWilliams.org).

# Microdosing Journal

created by *Becca Williams*

*Track Your Psilocybin Microdosing  
Experiences with Ease*



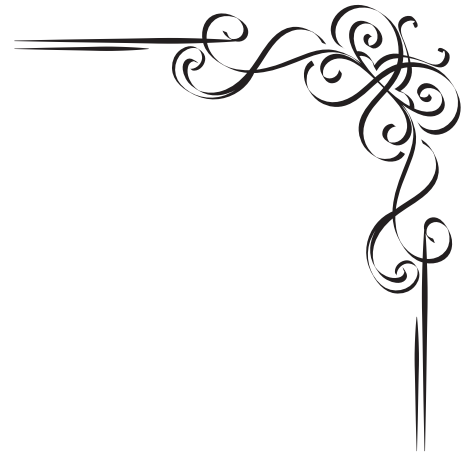
"Your greatest creation is your own conscious evolution."

– Becca Williams

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Disclaimer: This journal is a tool designed to support those who decide to pursue a regimen of psilocybin microdosing. Psilocybin is a largely illegal substance and Becca Williams does not encourage or condone its use where it is against the law. In most places psychedelic substances cannot be legally prescribed or given by a doctor or psychiatrist.

[BeccaWilliams.org](http://BeccaWilliams.org)



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"Your greatest creation is your own conscious evolution."  
– Becca Williams



*Becca Williams*

[BeccaWilliams.org](http://BeccaWilliams.org)



# HOW TO USE THIS JOURNAL

Hello Friend,

I've created these journal pages so you can optimize your microdosing routine. Microdosing is most beneficial when done with intention. And the best way to do that is using a journal to keep track of your daily routine and how your moods change over time.

All you need to do is print out these journal pages on 8x11 paper with 3-hole punches. Then you can put your journal pages in a loose leaf 3-ring binder. Notice the pages are all in black and white so you're not wasting your color ink cartridge. 😊

***On your journal pages, I've included the most important aspects of tracking your microdosing progress. This includes:***

- **Emoticons so you can determine your mood as it's important to be in touch with what you're feeling.**



Great



Good



Okay



Bad



Terrible

- **Self Check-in: Where are you with these markers in your day?**
  - Your Mood
  - Your Energy Level
  - How Creative You Feel
  - Your Focus/Concentration
  - Your Spiritual Insights
  - Your Heightened Senses
  - Your Sleep/Dreams
- **Journaling Space**  
Make notes of what you're noticing
- **Specifics of your microdosing routine**
  - Date
  - Time Consumed (am/pm)
  - Dosage
  - Form Consumed

I highly recommend that you do a short active meditation practice each day to move through and release emotions that are coming up for you. In my master courses, I encourage students to do a daily 11 minute "neuro-workout" that tones the nervous system and accelerates progress. I'm inviting you to do this as well and I offer a number of practices that will support you in moving through the emotions that are coming up. You can find them on my website: [beccawilliams.org/free-practises/](http://beccawilliams.org/free-practises/)

Remember that one reason some people may not respond well to microdosing magic mushrooms is because they are plant teachers which allow you to feel whatever it is you're feeling and open your mind to new ways of looking at old self-limiting patterns. Not all people are ready for deep self-examination, especially those who continue to numb with alcohol, drugs and other escape mechanisms.

But if you are ready, this journal and the neuro-workouts can be an extraordinary support in tracking and accelerating your progress.

Questions? Contact me at [Becca@EmotionalLib.com](mailto:Becca@EmotionalLib.com). I'd also love to hear from you as to how it's going.

Wishing you hyper-leaps in exploring your Inner World and the benefits that emerge from it,

*Becca Williams*

Course Director & Facilitator  
Emotional Liberation®

[BeccaWilliams.org](http://BeccaWilliams.org)

"When used intentionally, microdosing can be hugely beneficial in getting you 'unstuck.'  
- Becca Williams

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"Microdosing is so gentle... and the emotional healing can be remarkable."

- Becca Williams

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Okay



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"Do the work to reveal your TRUE Self to yourself."

- Becca Williams

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"Feel your emotions and they will set you free."

- Becca Williams

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"Awakening is an inward experience."

– Becca Williams

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"You are training your brain to listen to your heart."

- Becca Williams

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"Self-care can feel selfish but it is a true sign of self-love."

- Becca Williams

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"The plant is amplifying your emotions to lead you to healing."

- Becca Williams

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"Focus on the plant as a tool for reaching higher consciousness."

- Becca Williams

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"Psilocybin microdosing thins the boundary between our conscious & subconscious."

- Becca Williams

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"You are a self-contained, self-healing unit doing the work to feel better."

– Becca Williams

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"Awareness is what solves problems. You are heightening your awareness."

– Becca Williams

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