

My
the*dose
Journal



**A personal guide
through microdosing,
intention, and
integration**

A companion for change

WELCOME TO YOUR JOURNEY

This isn't a workbook.

It's a space for presence, reflection, and real change.

You don't have to do this perfectly.
You just have to stay in relationship with yourself.

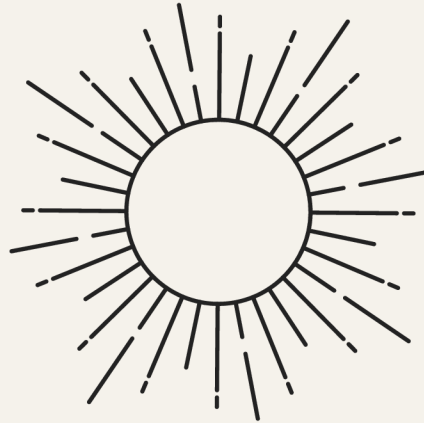
Let this journal be your mirror —
and your rhythm.

Inside these pages, you'll find:

- A place to define your motivation and intention
- Daily reflections and check-ins
- Practices to support body, breath, and nervous system
- A path toward sustainable integration

THE*DOSE WAY

Change happens in cycles — not sprints.



Our approach blends microdosing with daily rhythm and reflection.

Motivation — what brings you here

Intention — the inner compass you choose to follow

Focus — your anchor for action each day

Proof — how life mirrors your inner work back to you

You don't need to push.

You just need to stay connected.

BEGIN WITH AWARENESS

FIND YOUR WHY

“All change begins with a reason”

Before you begin, pause and listen inward.

What’s moving you toward this journey?

We’re often motivated by one of two things:

Away from what no longer feels right —
like stress, anxiety, or feeling stuck.

Toward something meaningful —
like clarity, creativity, or self-trust.

There’s no right answer. Only your truth.

Let your answers guide everything that follows.
Notice the words you use. They are a key to
understand yourself.

Use these prompts to explore:

- **What** brought me here, honestly?
- **What** do I want to feel less of?
- **What** do I long to feel more of?
- **What** matters most right now?
- **What** am I ready to shift or release?

WHEN YOU START

When you begin your journey, it's tempting to focus only on the dose.

But the dose isn't the magic.

You are!

And your awareness is the bridge between possibility and change.

We recommend a simple daily rhythm — one that includes:


- Checking in with how you feel
- Revisiting your intention
- Choosing one small focus or embodied action
- Do 10 minutes of breathwork or other practice
- Returning in the evening to reflect

On dose days, your brain is more open.

But that openness needs direction — or it will simply amplify whatever patterns are already running.

“Microdosing isn't about escaping who you are — it's about meeting yourself more clearly. One breath, one dose, one decision at a time.”

— **the dose**



You're not here for just good days.
You're here for deep days. Real change.

A more connected,
intentional version of you.

**“DON'T JUST TAKE
THE DOSE.
TAKE THE DAY.”**

And this is where it begins
— one check-in at a time.

YOUR PROTOCOL

30 days of microdosing
every third day

Paired with a simple daily
check-in to help you tune in,
track your state, and move
with intention — not just
momentum.

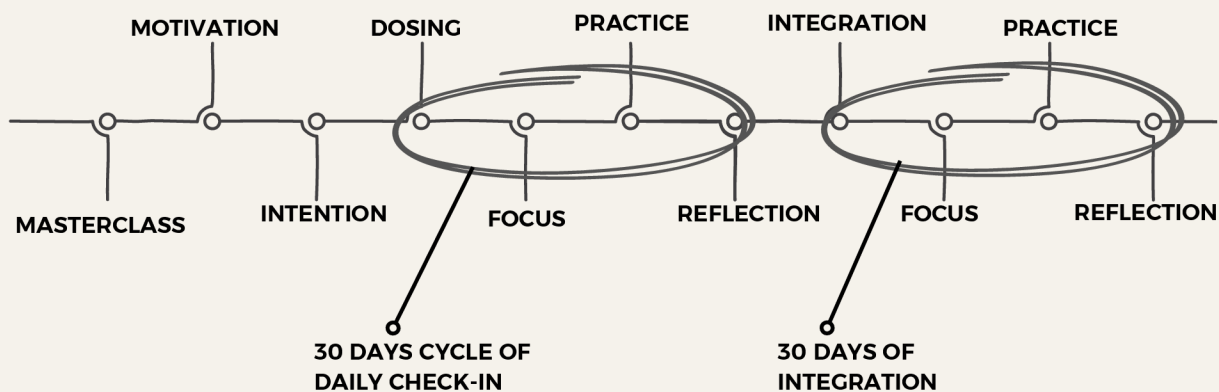
30 days of integration

A chance to embody what's
unfolding.

Keep your rhythm alive with
daily practice and a weekly
review — to reflect, realign,
and recommit.

Because we're not here for
just good days.

We're here for sustainable
change — rooted in
awareness, anchored in
action, and shaped by you.



DAILY CHECK-IN MORNING

Date:

Today's Intention (how I want to show up):

Focus or small action (one thing I'll show up for today)

Today's proof of progress (what tells me I'm on the right path?)

Your day

Dosing (Yes/No):

Substance:

Amount:

Your state (1-10)

Sleep:

Mood:

Energy:

DAILY CHECK-IN PRACTICE

Date:

My practice today

Choose from the Daily Practice Library or write your own:

→ Breathwork, grounding, movement, stillness, etc.

Morning reflections

DAILY CHECK-IN EVENING

Date:

How I showed up today (did I embody my intention? What felt aligned – or off?)

What challenged me? (what felt difficult, distracting, or pulled me away?)

What I want to carry forward (a feeling, insight, or small shift I want to honor tomorrow)

PRACTICE IS HOW WE REMINDE THE BODY WHAT THE MIND IS LEARNING



Microdosing opens the door — but it's daily practice that helps you step through.

Your nervous system is always listening.

The more often you return to breath, body, or stillness, the more those states become familiar — not just ideas, but embodied truths.

That's why we recommend weaving in short daily practices throughout your journey.

Use the Daily Practice Library to:

- Start your day with clarity or calm
- Ground yourself on dose days
- Shift state when challenges arise
- Support integration without needing to figure it all out

You don't need a routine.

You need a rhythm.

Choose what resonates. Return when you're ready. Let it become your way.

Days 1–10: AWAKENING INTENTION

Theme: *Motivation → Intention | Opening, energizing, tuning in*

DAY	Morning Breathwork	Evening Meditation
1	Igniting the Life Force	Rooted In The Body
2	Vision Within	Calm Within
3	Igniting the Life Force	Rooted In The Body
4	Vision Within	Calm Within
5	Igniting the Life Force	The Center of You
6	Back to the Nervous System	Becoming the Future You
7	Resetting to Joy	Radiating Love Into the Field
8	Vision Within	Becoming the Future You
9	Imprint of Self	Aligned on All Levels
10	Resetting to Joy	Calm Within

YOUR PROGRAM



**Scan to go directly to the
Daily Practices**

Days 11—21: REWRITING THE PATTERN

Theme: *Intention → Focus | Clearing, recalibrating, choosing again*

DAY	Morning Breathwork	Evening Meditation
11	Igniting the Life Force	Rooted In The Body
12	Resetting to Joy	Calm Within
13	Imprint of Self	Aligned on All Levels
14	Vision Within	Calm Within
15	Igniting the Life Force	The Center of You
16	Back to the Nervous System	Rooted In The Body
17	Resetting to Joy	Radiating Love Into the Field
18	Imprint of Self	Becoming the Future You
19	Imprint of Self	Aligned on All Levels
20	Resetting to Joy	Calm Within

YOUR PROGRAM



**Scan to go directly to the
Daily Practices**

Days 21-30: EMBODYING THE SHIFT

Theme: Focus → Proof | Integration, joy, ownership

DAY	<i>Morning Breathwork</i>	<i>Evening Meditation</i>
21	Resetting to Joy	Radiating Love Into the Field
22	Vision Within	Becoming the Future You
23	Imprint of Self	Rooted In The Body
24	Vision Within	Calm Within
25	Imprint of Self	The Center of You
26	Back to the Nervous System	Rooted In The Body
27	Resetting to Joy	Radiating Love Into the Field
28	Vision Within	Becoming the Future You
29	Imprint of Self	Aligned on All Levels
30	Imprint of Self	Calm Within

YOUR PROGRAM



Scan to go directly to the
Daily Practices

INTEGRATION & CONNECTION

After your 30 days of microdosing,
we invite you to continue to practice
your check-in, breathwork and
meditations.

Everyday!

Life IS integration!

The changes you have started to embody, will become the new you.
The new you, will become the new default.

At every step of your journey,
we invite you to check in with **the**
Rhythm Community.

Here you can share you progress, your victories, insights,
hards ships and what ever ripples through you.

Also remember to join our monthly live
sessions.

Looking forward to connect with you!

Got a question?

An idea, a comment, or just want to say hi?

Scan this

