

# Understanding Your Microdosing Journal

## *A Guide to Tracking Your Magic Truffle Experience*

Microdosing with magic truffles is more than simply consuming a small amount and moving on with your day. To gain the most benefit, it helps to observe how your body, mind, and emotions respond over time. A structured journal provides a reliable framework for noticing patterns, deepening self-awareness, and cultivating lasting growth.

This guide explains the purpose of each section in your microdosing journal, why it matters, and how you can use it effectively.

### Morning Check-in

The way you begin your day often sets the tone for everything that follows. Recording sleep quality, mood, and energy upon waking provides a baseline before the microdose has any influence.

Over time, you may discover correlations between quality of rest, dosage days, and your ability to handle stress.

Equally important is setting an intention. Unlike a goal, which is outcome-oriented, an intention is about how you want to show up in the present moment.

For example, you might write:

“I intend to stay patient with my family.”

“I intend to approach work with curiosity.”

“I intend to stay aware of my body throughout the day.”

By stating an intention, you give your mind direction. The subtle effects of microdosing often align more clearly when anchored to a conscious focus.

### Microdose Details

Not all truffles are the same, and neither are all doses. Recording the strain and amount ensures that you can make informed adjustments later. Some strains, like *Psilocybe Mexicana*, are gentle and light, while others, such as *Tampanensis*, may carry deeper introspective qualities. The time taken is equally important. Morning doses may support focus and productivity, while later doses could interfere with sleep or create a more inward experience.

### During the Day

The heart of the journal lies in observing the unfolding of your day. By rating or noting your mood, energy, creativity, social connection, and physical sensations, you create a map of how microdosing integrates into daily life.

For instance, you may find that certain doses improve your ability to stay “in flow” while working, or that conversations feel easier and more empathetic. You may also notice challenges, perhaps increased sensitivity in stressful environments or restlessness if your dose was too high.

Both positive and negative notes matter, as together they reveal the full spectrum of your experience.

### Reflections & Thoughts

This section is where structure meets freedom. Here, you can explore both positive and negative observations in more depth. Consider writing about emotions, breakthroughs, or challenges that stood out. An entry could be as simple as, “I felt unusually calm in traffic today,” or as complex as, “I noticed I often push myself too hard and need more balance.”

This practice turns fleeting impressions into meaningful insights. Reflection is what transforms microdosing from a casual habit into a tool for personal growth.

## Evening Reflection

Evenings provide the clearest picture of the day's overall impact. By revisiting mood, stress, and productivity levels, you can see how long the effects carried and whether they aligned with your morning intention.

The gratitude note may seem small, but it has a profound effect. Research consistently shows that gratitude practice enhances emotional resilience and well-being. Simply acknowledging one positive aspect of your day, no matter how small, reinforces the mindset of presence and appreciation that microdosing aims to cultivate.

## Final Rating of the Day

The 1–5 score at the end is deceptively simple. While it cannot capture the complexity of your experience, it provides a quick marker for reviewing trends over weeks or months. Looking back, you may notice that certain strains, doses, or routines consistently lead to “4” or “5” days, while others feel more neutral.

## Conclusion

Your microdosing journal is not just a log, it is a mirror. Each entry captures a snapshot of your inner and outer world, helping you see connections that would otherwise remain hidden. Consistency is key: even brief notes create a body of knowledge that can guide your practice.

Over time, you will not only track the effects of microdosing but also learn more about yourself, your patterns, your growth, and your capacity to live with greater awareness.

# Microdosing Journal – Magic Truffles

## (Daily Entry)

**Date:** \_\_\_\_\_  
**Day in Protocol** (e.g., 1, 3, 5...): \_\_\_\_\_

### Morning Check-in

(circle or mark)

Sleep quality: 

|      |   |   |   |   |   |           |
|------|---|---|---|---|---|-----------|
| Poor | 1 | 2 | 3 | 4 | 5 | Excellent |
|------|---|---|---|---|---|-----------|

Mood on waking: 

|     |   |   |   |   |   |          |
|-----|---|---|---|---|---|----------|
| Low | 1 | 2 | 3 | 4 | 5 | Positive |
|-----|---|---|---|---|---|----------|

Energy level: 

|     |   |   |   |   |   |      |
|-----|---|---|---|---|---|------|
| Low | 1 | 2 | 3 | 4 | 5 | High |
|-----|---|---|---|---|---|------|

Intention for today: \_\_\_\_\_

### Microdose Details

Truffle strain: \_\_\_\_\_

Amount (grams): \_\_\_\_\_

Time taken: \_\_\_\_\_

Extra supplements taken: \_\_\_\_\_

### During the Day

(circle or mark)

Notes:

Mood stability: 

|     |   |   |   |   |   |      |
|-----|---|---|---|---|---|------|
| Low | 1 | 2 | 3 | 4 | 5 | High |
|-----|---|---|---|---|---|------|

 \_\_\_\_\_

Motivation / focus: 

|     |   |   |   |   |   |      |
|-----|---|---|---|---|---|------|
| Low | 1 | 2 | 3 | 4 | 5 | High |
|-----|---|---|---|---|---|------|

 \_\_\_\_\_

Creativity / flow: 

|     |   |   |   |   |   |      |
|-----|---|---|---|---|---|------|
| Low | 1 | 2 | 3 | 4 | 5 | High |
|-----|---|---|---|---|---|------|

 \_\_\_\_\_

Social interaction: 

|     |   |   |   |   |   |      |
|-----|---|---|---|---|---|------|
| Low | 1 | 2 | 3 | 4 | 5 | High |
|-----|---|---|---|---|---|------|

 \_\_\_\_\_

Physical sensations: 

|     |   |   |   |   |   |      |
|-----|---|---|---|---|---|------|
| Low | 1 | 2 | 3 | 4 | 5 | High |
|-----|---|---|---|---|---|------|

 \_\_\_\_\_

Reflections & Thoughts

(Positive and Negative Experiences)

Positive observations: \_\_\_\_\_

Challenges or negatives: \_\_\_\_\_

Emotional patterns noticed: \_\_\_\_\_

Key insights / lessons: \_\_\_\_\_

Evening Reflection

Overall mood:

|     |   |   |   |   |   |      |
|-----|---|---|---|---|---|------|
| Low | 1 | 2 | 3 | 4 | 5 | High |
|-----|---|---|---|---|---|------|

Anxiety / stress:

|     |   |   |   |   |   |      |
|-----|---|---|---|---|---|------|
| Low | 1 | 2 | 3 | 4 | 5 | High |
|-----|---|---|---|---|---|------|

Productivity:

|     |   |   |   |   |   |      |
|-----|---|---|---|---|---|------|
| Low | 1 | 2 | 3 | 4 | 5 | High |
|-----|---|---|---|---|---|------|

Gratitude (one thing I'm thankful for): \_\_\_\_\_

Closing thoughts: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Final Rating of the Day

|     |   |   |   |   |   |      |
|-----|---|---|---|---|---|------|
| Low | 1 | 2 | 3 | 4 | 5 | High |
|-----|---|---|---|---|---|------|