FIRST EDITION / $5 USD

The Art of Noticing Yourself

Part V

Turn Awareness into Everyday Choices

A 200-page guided workbook for review your observations, make proportionate choices, and build a reflection practice that fits everyday life.

24 chapters / Lessons, worked examples, practical experiments, and written reflection

The fifth and final volume in the five-part series.

START HERE

How to use this workbook

Read one chapter at a time. Each chapter occupies eight pages and moves from a lesson to a worked example, a personal observation, an experiment, a busy-day plan, an observation record, a review, and a transfer exercise.

Use the writing space to turn an idea into a decision. You can type answers in a separate document or print selected pages. The PDF is a write-in workbook with open response areas.

Choose one active experiment at a time. Other chapters can help you understand your plan without becoming additional daily assignments.

Examples are fictional teaching scenarios. The exercises support personal reflection and everyday planning. They are not clinical assessment or treatment.

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BEFORE CHAPTER ONE

Your starting point

Before choosing a change, describe the season you are in. Include commitments, available time, and one pattern or decision you would like to understand.

What would make the next month more workable?

CHAPTER 01 / UNDERSTAND

Gather a picture of your actual life

Begin by noticing your own experience in a specific situation. Begin a longer-term review with the circumstances you actually inhabit. Describe your time, commitments, relationships, and current choices before designing a different future. A grounded picture helps you identify an appropriate change rather than an imagined overhaul. Before choosing a change, separate what you observed from what you assumed.

Use a representative period. An unusually easy or difficult week can distort the picture if treated as the whole pattern.

What do your observations show about the life you are currently living?

CHAPTER 01 / OBSERVE

Follow a worked example

Mira wants a new direction but first maps her care duties, work hours, and available weekends. She discovers room for a small learning project rather than another weekly commitment. For your own record, identify the event, the interpretation, and the part of the response the person could choose.

Identify the starting situation, the change the person chooses, and the observation that could help them review it.

Which part of this example fits your situation, and which part needs changing?

CHAPTER 01 / AUDIT

Describe your current pattern

Use a recent real occasion. Record where you were, what happened just before the behavior, what you did, and what happened afterward. Separate what you observed from what you assumed.

Connect this observation to the chapter topic.

Gather a picture of your actual life

Describe one occasion and the practical consequence.

CHAPTER 01 / ACT

Try one small experiment

Observe before acting. Describe a typical week and its main responsibilities. Name one satisfying element and one area you want to understand better. Record one detail about your own experience before the action and one observed result afterward.

Write a start cue, an action, a visible endpoint, and the next opportunity to try it. Check that you have the time, materials, and access required.

My experiment and the observation I will collect

CHAPTER 01 / ADAPT

Prepare for a difficult day

Use a representative period. An unusually easy or difficult week can distort the picture if treated as the whole pattern.

Name a likely obstacle for this particular experiment. Choose a smaller useful version or a different opportunity. Include an explicit pause option when the context requires one.

If this obstacle happens, what will I do, and when will I review the plan?

CHAPTER 01 / NOTICE

Record what actually happened

Use this page after a real attempt. Record the date, whether the planned opportunity occurred, the action you took, and the result. Use completed, adapted, paused, or missed as a description.

Record at least one contextual detail that could explain the result. Include what helped as well as what got in the way.

Date / opportunity / action / observed result / context

CHAPTER 01 / REVIEW

Choose the next adjustment

What do your observations show about the life you are currently living?

Compare your plan with your record. Identify a specific observation that supports keeping, reducing, moving, or replacing the action. Change one element so the next attempt remains interpretable.

Evidence, decision, next action, and review date

CHAPTER 01 / TRANSFER

Carry the lesson forward

Choose a second situation where this chapter could help. Identify what stays useful and what changes with the new context. Keep this as a future possibility until you have capacity to test it.

Return to the worked example if you need a concrete model.

Mira wants a new direction but first maps her care duties, work hours, and available weekends. She discovers room for a small learning project rather than another weekly commitment. For your own record, identify the event, the interpretation, and the part of the response the person could choose.

A second situation, the necessary adaptation, and a realistic next opportunity