

# MICRODOSING WORKBOOK

A Companion Workbook for *The Art and Science of Microdosing with Psilocybin*, an online course by Mamadose. After completing the course, this workbook can assist with creating structure and offering guidance as you embark on your microdosing journey. Use this tool to help you set goals and intentions, track progress, and adjust your dosage over time.



# Introduction

## BEGINNING YOUR MICRODOSING JOURNEY



Making the decision to begin microdosing doesn't have to be difficult or scary, especially when you come to this practice with positive goals and intentions. Being intentional and structured with your microdosing practice will help you get the most out of your experience!

The purpose of this workbook is to offer structure and guidance so that you can easily set goals and intentions and monitor your journey with the confidence that you are in control.

Microdosing can be a great way to explore the effects of psychedelics in a safe and controlled environment, allowing you to gain insight into how psychedelics can improve your life without the risks associated with a full dose.

# Section 1

## GOALS AND INTENTIONS

To get the most out of your microdosing experience, It is important to set well intentioned goals and create an action plan. You may wonder what the difference is between goals and intentions. An easy way to look at these two important facets of any psychedelic experience, is to understand that being intentional about something, is a way to get to an expected outcome. In the case of microdosing, setting firm intentions for your practice should lead you to an outcome that you are hoping to achieve. **In short, your intention is the road that leads to the outcome, which is your goal!**



So how do you create the right intention? How do you know what your goal is? Both of these are perfect questions to ponder when first formulating goals and intentions. It's a great idea to create one intention and goal at a time, this way you can adjust along the way if you find either your intention or your goal (or both) are too broad, too vague, or too unrealistic, all of which are perfectly normal, especially when first starting out. Remember, The process of intention and goal setting is meant to lead to deeper understanding and compassion for who you really are at your core.



# Section 2

## LET'S ASSESS

Intentions and Goals should be simple and achievable as well as incremental. This means that you can reach a goal and build on your progress as you continue to set goals. A good way to begin assessing intentions and goals, is to think through how you feel in the three most common psycho-social dimensions. This means to assess where you want to be in the physical, emotional and spiritual areas of your life.

By thinking through where you are in these three areas, you can better determine a good starting place for the intentions and outcomes you want to set for your microdosing journey.

To more easily formulate your first set of intentions and goals, follow along with this exercise that helps you measure where you are in the three most common psycho-social dimensions, then formulate your first goal and action steps in the next section.

Please rate the following with 1 being least and 4 being most important					
	1	2	3	4	
PHYSICAL	I want to feel better about my body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I want to be healthier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I want to be more rested	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I want to improve my nutrition	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I want to be more career motivated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I want to spend more time in nature	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

List your most important physical values here or create your own!

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Please rate the following with 1 being least and 4 being most important

## EMOTIONAL

	1	2	3	4
I want to lessen my feelings of anxiety	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I want to cope better with stress	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I want a more positive outlook	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I want to make more time for myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I want to improve my relationships	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I want to lessen feelings of depression	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

List your most important emotional values here or create your own!

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Please rate the following with 1 being least and 4 being most important

## SPIRITUAL

	1	2	3	4
I want to discover/explore my purpose	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I want to deepen my spiritual practices	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I want to learn a spiritual practice	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I want to find friends in alignment with my values	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I want to live in better alignment with my values	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I want to know myself more deeply	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

List your most important spiritual values here or create your own!

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# Section 3

## REFINE AND ANCHOR

Now that you have completed Section 2, you should have a better understanding of which dimensions of your life experience are most important for you to focus on right now. Look at the values you identified as most important with the intention of choosing one that seems most easily attainable.

The value you choose to work on is going to be your first goal. If you aren't happy with how it is worded or feel the need to refine or change it, now is the perfect time to contemplate the best way to restate your goal so that it aligns perfectly with your most authentic truth. While you think about your goal, try to imagine the types of activities that you could undertake to move in the direction of achieving it.

**Take a moment to re-write or reframe your goal below:**

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Having a goal is a wonderful step in the right direction for any self-improvement plan, especially one such as microdosing. To best achieve your goal, it is important to formulate a strong intention behind the goal. Your intention acts like an anchor that keeps you firmly rooted in your goal and can remind you why you chose that goal in times when you are doubtful or struggling.

To create a powerful intention, first visualize yourself achieving the goal you have set. In this visualization, include any potential struggles you may have in achieving this goal. Ask yourself, what is the best piece of advice you could give yourself for overcoming those struggles and reaching your desired outcome? (*Example Goal: I want to cope better with stress. Example intention: I will contemplate what causes me stress because deepening my awareness of what stresses me will allow more control over how I cope*)

**Take a moment to formulate your intention below:**

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# Section 4.

## CREATING THE PLAN

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The most powerful plan will be goal oriented with a firmly rooted intention and at least a broad list of actions that can be taken to achieve it. As with many things, achieving goals for your microdosing journey can take time so don't forget to be generous and patient with yourself. A good rule of thumb is to give a minimum of 30-days before measuring your level of success with each goal. As you move toward the goal, one great way to track your progress is by noticing how you move through the action steps you have identified.



Sometimes after working on a goal for a while, you may realize the goal or action steps are too big and may take more time to achieve than originally thought. This is a normal and healthy process of self-assessment that in and of itself creates greater awareness and space in your personal life. Don't be discouraged if you find you've selected too broad a goal. Dig into what makes it too broad and assess how you can best break it up into more attainable segments. Sometimes the individual actions you've identified can be restated as an entire goal!

Contemplate for a few moments, the goal and intention you identified in the previous section. Visualize yourself achieving that goal and encouraging yourself with your intention. Notice what you see yourself doing or what you think you might need to do to achieve the outcome you desire. Identify at least three or four actions you can take that will bring you closer to your goal. Then complete the first section of the goal worksheet below to identify your focus and activities for the next 30-days.

## GOAL #1.....

ACTION PLAN

- ☐
- ☐
- ☐
- ☐

## GOAL #2.....

ACTION PLAN

- ☐
- ☐
- ☐
- ☐

## GOAL #3.....

ACTION PLAN

- ☐
- ☐
- ☐
- ☐



# Section 5

## FREQUENCY & DOSAGE

Choose one frequency and dosing option to assess for the next two weeks. Ensure you have enough medicine and set reminders in your calendar!

### Frequency Options (Choose One)

- ☐ Once every 2 days
- ☐ Once every 3 days
- ☐ 3rd & 4th day of each week
- ☐ Once per week (same day each week)

### Dosing Options (Choose One)

- ☐ .125 grams (1/20th of 2.5g)
- ☐ .25 grams (1/10th of 2.5g)
- ☐ .175 grams (1/20th of 3.5g)
- ☐ .35 grams (1/10th of 3.5g)
- ☐ Other: \_\_\_\_\_

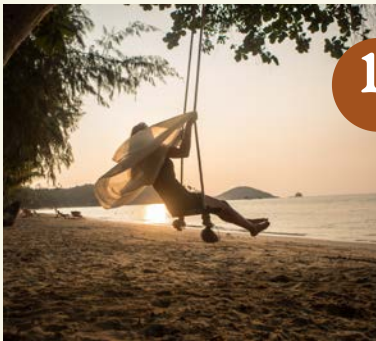


Frequency and dosage are very personal and should be chosen based on experience, comfort level and physical stature. For a larger physical stature use 3.5g as the baseline, for smaller stature use 2.5g. Once begun, wait at least 2 weeks before making adjustments.

# Section 6

## TRACKING PROGRESS

As you work through your goals and add additional or refined goals to the worksheet above, you may want to keep notes that help you track how you are doing at each 30-day milestone. Use the space below to jot down realizations, comments or anything else you wish to note or remember as you assess and update your goals each month. Refer back to these notes as you continue to track your progress and make any adjustments needed to your goals and actions!



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# Section 7

## AHA MOMENTS

While tracking progress is easiest when based on how well you are achieving your set goals and honoring your intentions, you may have special moments of realization that relate to your goals or simply come through unexpectedly. These can be great to record as it can help you recognize how you are growing and changing in your thinking as your journey progresses. Use the following worksheet to record any special Aha Moments!

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# Notes

The following pages are for any additional thoughts, comments, ideas, brainstorm or anything else that comes up for you as you progress through this journey. Keeping written track of your progress and making adjustments when necessary are great ways to help you become aware of even the most subtle changes you may experience throughout your journey. Record anything that feels relevant and don't forget to be generous, patient and forgiving as you continue to deepen your relationship with yourself!



# About



At Mamadose, our goal is to provide you with the most up to date and relevant information about microdosing that will allow you to make the most of this time-honored practice. Our courses and workbooks are geared toward providing you with the expert knowledge and tools you need to achieve success and reach your goals.



Thank you for completing our course! We hope it has provided you with encouragement and support as you move forward to your desired goals. As you continue forward on your microdosing journey, don't forget to reach out for additional support if you find yourself stuck or questioning your goals or experiences. We have accumulated an extensive network of integration coaches, facilitators and spiritual guides who are skilled in illuminating and navigating challenges both common and unique. We look forward to serving you!

## DO YOU NEED MORE HELP?

**BOOK AN INTEGRATION  
COACH SESSION!**



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