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The Learn Euphoria Microdosing Guide

Workbook • Intention Journal • 30-Day Diary

A practical system for building an intentional microdosing practice.

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Introduction

Microdosing has become one of the most talked-about practices in the modern psychedelic renaissance.

But there is something most people misunderstand.

Microdosing is not about simply taking a small dose of a psychedelic compound.

The real benefits come from combining microdosing with:

• intention
• self-reflection
• habit building
• integration

Think of microdosing as a **magnifying glass for your mind**.

It doesn't create change on its own — it simply helps illuminate patterns that are already there.

This guide was designed to help you turn microdosing into a **structured practice for personal growth**.

Inside this guide you will find:

• intention-setting exercises
• a microdosing schedule planner
• a 30-day diary
• habit tracking tools
• mood tracking charts
• weekly integration reflections
• guided meditation prompts

A microdose may open the door.

But intention determines **where you walk once it opens**.

Understanding Microdosing

Microdosing is the practice of taking **very small amounts of psychedelic compounds or psychedelic-inspired compounds**.

Typically:

1/10th of a standard dose

The goal is subtle effects — not a full psychedelic experience.

You should be able to:

• work
• socialize
• focus
• function normally

If the walls are melting…

You probably overshot the microdose.

Potential Benefits

Many people report improvements in:

• creativity
• mood
• emotional awareness
• focus
• mindfulness
• habit formation
• productivity

However, these results depend heavily on:

mindset + environment + intention

Which brings us to the most important part of the process.

Intention Setting Worksheet

Before beginning a microdosing cycle, ask yourself:

Why am I doing this?

Microdosing without intention is random.

Microdosing with intention becomes **directed personal development**.

My Intention for This Microdosing Cycle

Write a clear intention.

Example:

"I want to improve my creativity."

"I want to reduce stress."

"I want to become more emotionally aware."

My intention:

Areas of Life I Want to Improve

Circle or write your top focus areas.

Creativity
Focus
Stress reduction
Emotional awareness
Productivity
Spiritual growth
Habit change
Other:

What habits would I like to strengthen?

What habits would I like to change?

Choose Your Microdosing Protocol

Two of the most commonly used schedules are below. It is important only to use them as a “starting off point”. That means that you don’t have to follow them religiously. It is important that you develop a microdosing protocol that works right for you. These protocols work well but if you decide that you will get better results if you change the protocol then you can do so.

Fadiman Protocol

Day 1 — Microdose
Day 2 — Reflection Day
Day 3 — Rest Day

Repeat.

Benefits:

- allows observation of subtle effects
- prevents tolerance buildup
- encourages reflection

Stamets Stack

4 days on
3 days off

Often combined with:

- Lion's Mane mushroom
- Niacin

Goal: support neuroplasticity.

My Microdosing Plan

Start Date

Cycle Length

Protocol

Dose Amount

Psychedelic Preparation Checklist

Before beginning a microdosing cycle, take a moment to prepare intentionally.

Check off the following:

☐ I have set a clear intention

☐ I understand my dosing schedule

☐ I have created a journaling routine

☐ I have planned healthy activities during the cycle

☐ I am starting with a conservative dose

☐ I am in a relatively stable mental space

☐ I will track my mood and habits

☐ I have time to reflect during this cycle

Preparation dramatically improves the quality of the experience.

Guided Intention Meditation

Before your first microdose, take five minutes for this exercise.

Sit comfortably.

Close your eyes.

Take several slow breaths.

Focus on your intention.

Ask yourself:

"What would growth look like during this cycle?"

"What habits would I like to strengthen?"

"What patterns would I like to understand better?"

Imagine yourself already moving toward those goals.

Take several deep breaths.

When you're ready, open your eyes and write down any thoughts that arose.

Insights from meditation:

30-Day Microdosing Tracker

Use this chart to track your dosing schedule.

Day	Dose	Mood	Energy	Notes
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				

Habit Tracker

Microdosing works best when paired with intentional habits.

Track habits that support your goals.

Week 1

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Meditation							
Exercise							
Journaling							
Creative Work							
Reading							

Week 2

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Meditation							
Exercise							
Journaling							
Creative Work							
Reading							

Mood & Dopamine Awareness Chart

Tracking emotional trends helps identify subtle shifts.

Rate each day from **1–10**

Day	Mood Score
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	
19	
20	
21	
22	
23	
24	
25	
26	
27	
28	
39	
30	
31	

Over time this chart often reveals interesting patterns.

Weekly Reflection

At the end of each week ask yourself:

What changes did I notice?

Did my mood improve?

Did I experience new insights?

What habits improved this week?

What habits need more work?

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Learn Euphoria Microdose Diary

Day 1 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 2 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 3 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 4 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 5 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 6 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 7 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 8 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 9 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 10 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 11 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 12 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 13 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 14 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 15 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 16 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 17 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 18 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 19 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 20 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 21 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 22 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 23 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 24 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 25 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 26 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 27 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 28 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 29 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 30 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Day 31 Microdosing Diary Page

Date

Dose Day?

Yes / No

Dose Amount

Mood Today

Very Low
Low
Neutral
Good
Excellent

Energy Level

Very Low
Low
Moderate
High
Very High

Focus

Poor
Average
Good
Excellent

Creativity

Low
Moderate
High

Notes About Today

Insights or Observations

Gratitude

Today I am grateful for:

Integration

Integration is the most important part of psychedelic practice.

This is where insights become **lasting change**.

Ask yourself:

What lessons did this cycle teach me?

What habits will I continue after the cycle?

What changes do I want to bring into my life?

Final Reflection

At the end of your microdosing cycle, answer honestly.

1 Did microdosing support your intention?

Yes
No
Somewhat

---

2 What were the biggest benefits?

---

3 What were the biggest challenges?

---

4 Would you continue another cycle?

Yes / No

Closing Thoughts

Microdosing is not a magic pill.

It is a **tool for awareness**.

When used intentionally, it can reveal patterns in your thoughts, habits, and emotions.

But the real transformation happens in what you do with those insights.

At Learn Euphoria we believe psychedelics are not shortcuts.

They are **teachers**.

And this guide is here to help you listen.