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Gathering data about your daily reality

So, the last lesson was about you setting yourself free from reality and taking 20 minutes to dream. Now we bring things back down to earth. Not with judgements, not with comparisons; for now just with data gathering.

The aim of this lesson is that you end up with some clear, detailed evidence of what your reality is. You invested in this course because you want something (or many things!) about your morning routines to be different. Meaningful change can't be brought about without understanding the starting point, unclouded by the unreliabilities of memory or what you'd like to be true about your morning.

This task will probably feel strange to complete. You may find that tracking what you're doing itself changes what you're doing. That's fine. The point is simply to generate as accurate a sense as possible of what you are actually doing with your time: It's from this starting point that change comes that is useful as well as viable.

First of all, make sure you're prepared the day before. If you have a printer, you can print out the tracking template. If not, just use a piece of paper or a

notebook. Whatever you do, I recommend you keep your records by hand and in real time. Start by filling in the time you were asleep, and then do your best to include everything you do in each 15-minute chunk, even if it's just checking your phone for a moment. It's less infuriating than it sounds, really!

And when should you stop? Whenever is your instinct about what counts as "my morning routine" being over. That might be when you leave for work or get there, or when you sit down at your desk at home to start on "proper work", or when your alone-time ends and you start making the children's breakfast. It doesn't terribly matter, and if you want to keep tracking the whole day, you can; you'll definitely learn from it! But err on the side of too much rather than too little, and as a minimum, be sure to track from the moment you wake up to what feels like the transition between "my morning routine" and the rest of the day. If you do it just once, that's already extremely valuable data. If you do it twice or three times, you'll get a more representative picture built up, which may be really valuable especially if your mornings are quite variable.



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If you feel anxious or otherwise uneasy about doing this, I encourage you not to let these feelings rob you of the chance to shine a bright attentive light on a little patch of your life. Remember that the point is not to have and record a brilliant morning. Do not wait until you think you're going to have one! This is not the makings of a rose-tinted "now envy my perfect life" video. There's no need to change, improve, or sugarcoat anything. And by not doing so, you have the chance to really learn something about yourself.

Use the simple template provided, tomorrow morning and maybe a couple more mornings if you want. Then continue to the worksheet for step 2: data analysis.