

CONSCIOUSNESS CHALLENGE

with **Dr. Serena Sterling**

This study sheds light on where you tend to focus your thoughts and how it affects how you feel physically and emotionally.

DIRECTIONS

Have someone program your phone to go off as an alarm at random times 2-3 times per day. It can be on vibrate or silent, but you still have to be able to notice it. Tell this person when you're going to be working or otherwise unavailable so that you have the best possibility of hearing it go off. You can also ask someone to text you (instead of doing the alarm) at 3 random times throughout the day.

You want someone else to program it or send you the reminder text so that you don't know when it's going to go off. At first, you may be more alert, thinking, "when is it going to go off?" But just try and relax about it and know it's **just an experiment**.

Try and do this for at least 5-7 days.

YOUR CHALLENGE

When it goes off/you get the text, I want you to make note of three things:

1. What are you doing?
2. How are you feeling (include any physical symptoms but also emotional feelings)?
3. What are you thinking?

It doesn't have to be a lengthy description. Even 1-2 sentences for each question is enough.

