

THE ARCHITECTURE OF AWARENESS

Phenomenological Observation Log

First-Person Empirical Science Field Journal • Weekly Habit Integration

DATE: _____ TIME: _____ DURATION: _____ METHOD: _____

CORE SKILLS ASSESSMENT (POST-SESSION)

1. CONCENTRATION HIGH 2. SENSORY CLARITY HIGH 3. EQUANIMITY LOW HIGH

SEVEN-DIMENSION OBSERVATION RECORD

1. QUALITY OF ATTENTION

2. SENSORY TEXTURE

3. COGNITIVE CONTENT

4. EMOTIONAL TONE

5. BOUNDARIES & EDGES

6. TEMPORAL FLOW

7. ANOMALOUS FEATURES

8. CONDITIONS & ENVIRONMENT

WEEKLY PRACTICE & HABIT TRACKER

PRACTICE HABIT / INDICATOR	MON	TUE	WED	THU	FRI	SAT	SUN	TARG ET
Daily Formal Sitting: 15+ minutes of continuous concentration [4]	☐	☐	☐	☐	☐	☐	☐	5 / 7
Phenomenological Log: Detailed 7-dimension field journal entry [7]	☐	☐	☐	☐	☐	☐	☐	3 / 7
Mid-Day Micro-Sessions: 3x 1-minute conscious check-ins [2]	☐	☐	☐	☐	☐	☐	☐	5 / 7
Active Equanimity: Deliberate non-reaction to stressful moments [5]	☐	☐	☐	☐	☐	☐	☐	Daily

INTERPRETATIONS & THEORETICAL HYPOTHESES (STRICTLY QUARANTINED)

ANALYSES, PERSONAL THEORIES, AND CONCEPTUAL MODELS OF THE SESSION [7]