THE SCIENCE OF BECOMING
STARTER FIELD TOOLS



LEARN → NOTICE → UNDERSTAND → EXPERIMENT → REFLECT

Start by noticing.
Before changing anything, get curious about what's already there.
These three tools are designed to help you pause, notice patterns, and begin understanding what's happening in your body, thoughts, emotions, and everyday choices.



No fixing required. You're collecting information.

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FIELD TOOL 1/NOTICE
60-SECOND CHECK-IN

WHAT'S GOING ON INSIDE?

NO FIXING. NO ANALYZING. JUST CHECK IN.

TAKE SOME SLOW DEEP BREATHS. FEET ON THE GROUND. HAND ON HEART OR ABDOMEN.

SET A TIMER FOR 60 SECONDS AND SEE WHAT YOU NOTICE.

① HOW AM I ARRIVING?

RIGHT NOW, I FEEL...

□ CALM
□ WIRED
□ TIRED
□ RESTLESS
□ OVERWHELMED
□ CONTENT
□ IRRITATED
□ DISCONNECTED
□ I HAVE ABSOLUTELY NO IDEA

□ SOMETHING ELSE: _____

② WHAT'S MY BODY SAYING?

Check anything you notice.

- □ Tight jaw
- □ Raised/tight shoulders
- □ Heavy chest
- □ Butterflies or tight stomach
- □ Warm/flushed
- □ Cold
- □ Heavy
- □ Light
- □ Tingly
- □ Restless
- □ Relaxed
- □ Numb/disconnected
- □ Hungry
- □ Thirsty
- □ Nothing obvious



Where do I notice it most?

_____

③ WHAT MIGHT I NEED?



□ Food

□ Water

□ Rest

□ Movement

□ Quiet

□ Fresh air

□ Connection

□ Alone time

□ Comfort

□ Stimulation

□ A good stretch

□ To finish what I'm doing

□ Honestly? I don't know.

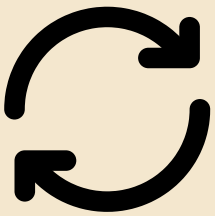
④ PICK ONE TINY THING

Right now, I could

That's it.

You don't have to turn every sensation into a project.

You noticed. That's the practice.
TRY IT AGAIN:



□ **Before eating**
□ **When overwhelmed**
□ **After work**
□ **Before bed**
□ **When I can't figure out what I need**

2 Second Field Tool 2/Understand

THOUGHT → FEELING → BEHAVIOR

Be a detective for five minutes.
Something happened.
You reacted.
Let's find out what happened in between.

THE CLUE

What happened?
Stick to the boring facts first.

💭 WHAT DID MY BRAIN SAY?

Finish the sentence:

_____

Was that:

□ **Definitely a fact**
□ **My interpretation**
□ **An assumption**
□ **A familiar story**
□ **I'm not sure**

❤️ WHAT DID I FEEL?
Pick as many as you need.

□ **Anxious**
□ **Angry**
□ **Sad**
□ **Embarrassed**
□ **Frustrated**
□ **Overwhelmed**
□ **Lonely**
□ **Excited**
□ **Relieved**
□ **Calm**
□ Something else: _____

Intensity:
◯ 1 ◯ 2 ◯ 3 ◯ 4 ◯ 5

🫀 WHERE DID IT SHOW UP?

□ **Head**

□ **Jaw**

□ **Throat**

□ **Shoulders**

□ **Chest**

□ **Stomach**

□ **Hands**

□ **Legs**

□ **Everywhere**

□ **Nowhere I could notice**

It felt like: _____

→ WHAT DID I DO NEXT?

□ **Ate**

□ **Avoided something**

□ **Scrolled**

□ **Shut down**

□ **Got busy**

□ **Procrastinated**

□ **Snapped/reacted**

□ **Reached out to someone**

□ **Rested**

□ **Did what I actually wanted to do**

□ Something else: _____

🔎 DETECTIVE MODE

What might I actually have needed?
Could there be another explanation for what happened?

🧪 MY EXPERIMENT

If this happens again, instead of automatically:

_____

I could try:

_____

CASE NOTES

Something I learned about myself:



_____

No judgment. Just data.



Third Field Tool/Notice

FOOD + MOOD TRACKER

Let's see what actually happens.

Not:
GOOD FOOD ✓ / BAD FOOD ✗

Instead:
I ate → I noticed → I learned.
Try it for a few days. You're looking for patterns, not perfection.

BEFORE
How hungry am I?

◯ **1 — Not hungry**
◯ **2 — A little**
◯ **3 — Hungry**
◯ **4 — Very hungry**
◯ **5 — Feed me immediately**

My mood:

□ 😊 **Good**

□ 😌 **Calm**

□ 😴 **Tired**

□ 😵‍💫 **Overwhelmed**

□ 😟 **Anxious**

□ 😠 **Irritated**

□ 😐 **Meh**

□ 🤩 **Excited**

Other:

My energy:

◯ **LOW** ◯ **MEDIUM** ◯ **HIGH**

WHAT I ATE:

_____

Why this food?

□ **Hungry**
□ **It sounded delicious**
□ **Convenient**
□ **Comforting**
□ **Familiar/safe**
□ **Texture**
□ **Craving**
□ **Social situation**
□ **It's what was available**
□ **Someone else chose**
□ **I don't know**
□ Other: _____

AFTER

Satisfied?

◯ **Not really** ◯ **Kind of** ◯ **Yes!**

Energy:

◯ ↓ **Lower** ◯ → **Same** ◯ ↑ **Higher**

Mood:

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☐ 😌

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☐ 😟

☐ 😠

☐ 😐

☐ 🤩

My body feels:

□ **Comfortable**

□ **Energized**

□ **Full**

□ **Still hungry**

□ **Heavy**

□ **Bloated**

□ **Gassy**

□ **Sleepy**

□ **Restless**

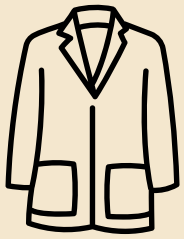
□ Something else: _____

BUT WAIT — CONTEXT MATTERS.

What else was going on today?

- ☐ **Slept well**
- ☐ **Didn't sleep well**
- ☐ **Stressful day**
- ☐ **Busy/rushed**
- ☐ **Sensory overload**
- ☐ **Different routine**
- ☐ **Exercised**
- ☐ **Social event**
- ☐ **Menstrual cycle**
- ☐ **Lots of screen time**
- ☐ **Nothing unusual**

☐ Other: _____



🔎 AFTER A FEW DAYS...

Become the scientist. 

I seem to have more energy when...

I feel most satisfied when...

My eating changes when I'm...

A sensory preference I noticed:

Something that surprised me:

🧪 MY NEXT EXPERIMENT

This week, I'm curious what happens if I:

_____

□ Tried it

What happened?

No grades. No gold stars. Well, yes, a gold star for noticing and tracking.

You are collecting information about you.

Way to go!

The Science of Becoming



Nutrition • Somatics •
Thoughtwork • Behavior

Learn → Notice → Understand → Experiment → Reflect

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