DESIGNING YOUR

State Induction

EXPERIMENT

Desired State:

Last time I experienced this:

What was the location:

_____

What were you doing:

_____

Who were you with:

_____

What mindset were you in:

_____

Imagine you are experiencing it right now. What is your...

Posture

_____

Facial Expression

_____

Breathing (deep exhale, slow, etc)

_____

Focus

_____

Taking all of this into consideration, how will you set up your state induction experiment?