

WHOLE EARTH -GIFTS

Product Experience Journal

A structured reflection tool to support awareness, comparison, and intentional use.

This journal is designed to help individuals thoughtfully document their experiences with different products over time. It encourages observation rather than escalation and is provided for educational purposes only. It does not provide medical advice.

How to Use This Journal

The Product Experience Journal supports mindful reflection when trying different products or batches. It may be especially helpful when rotating products or reassessing patterns.

There is no required format or frequency for journaling. Some individuals complete an entry when trying something new, while others use it periodically to review longer-term trends. The goal is awareness, not comparison or optimization.

Journal Entry

Date: _____ Product Name: _____
 Vein Color (if applicable): _____ Batch / Origin (optional): _____
 Serving Size (measured): _____ Time of Use: _____

Intention

What was your intention before using this product? (optional)

Context at Time of Use

Sleep quality: Poor Fair Good Excellent
 Hydration level: Low Moderate Adequate
 Food intake: Empty stomach Light meal Full meal
 Stress level (1-5): _____

Perceived Experience

What did you notice? (optional)

Mood Reflection

Mood before use: Low Neutral Positive

Mood after use: Low Neutral Positive

Timing Awareness (Optional)

Approximate onset noticed: _____

Approximate duration noticed: _____

Comparison & Patterns (Optional)

How did this compare to previous products or experiences?

Alignment Check

Did this experience align with your intention? Yes Somewhat No

Would you consider rotating or taking a break next? Rotate Break Continue as planned

Additional Notes

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Responsible Use Reminder

Product experiences may vary due to tolerance, rotation patterns, lifestyle factors, and individual sensitivity. Observation and balance are more important than repetition or escalation.

This journal is provided for educational and self-reflection purposes only and does not constitute medical advice. If you have health concerns or experience discomfort, consult a qualified healthcare professional.