

Lucid Breakthrough Course Notes

MODULE 5: Tracking and Journalling

It's important to TRACK everything you're doing. Why? Because if you don't track things, you'll never know what worked and what didn't. You might be able to lucid dream most times you try the DILD, or you might find it difficult to fall asleep every time the temperature is above a certain level.

Without tracking, you don't understand your body, your sleep and your dreams. Luckily it's pretty easy to track things, with a simple spreadsheet. I've included a spreadsheet you can use to track and journal things, in this course. It's on the main page for this module, by the download section.

LESSON 14: Introduction To Tracking

You should be keeping a dream journal, and in the SAME journal you need to write down things you're doing. This can be things like the type of exercise you're doing.

- **You need to keep a dream journal on your computer as well.** Why? So that you can look back and see when you went to sleep, how your sleep quality was, and WHAT things influenced your dreams
- **If you're taking any supplements, you should try it for at least one week.**
- **If you're trying things like supplements, don't mix them.** Try each one on it's own for at least a week, so that you can accurately see the effect each thing and
- **Do the same with techniques as well.** Try each technique for at least a week, so that you can give it a chance to work, and see if it really worked for you
- **You can track your sleep using things like a Fitbit, Apple watch or other devices like that.** Track your sleep stages and movement throughout the night. **You can use free apps by just searching your app store for 'sleep tracking'**

LESSON 15: Tracking What Works Part 2

What really works, and what doesn't? Well, in order to lucid dream and get to the bottom of it, you should be tracking things. Included in this course is a free template showing you what to track, and what sort of things you should be writing down.

At the very minimum you need to be keeping a notebook journal by your bed, and writing down things like: Dreams, date, feeling, whether you were lucid or not, and the time you went to bed

- **Also track things like time of sleep, time or wake, technique used, lucid or not, what you did during the day, any supplement you took, whether you meditated, roughly how many reality checks you did**
- **This will give you a really good idea of what you're doing.** You should be tracking this every single day, to make sense of what results you're getting. This is essential before moving onto the next step and **KNOWING** what's stopping you from lucid dreaming
- **You should write up your physical dream journal to a digital one every evening.** Make sure to include as many details as you can and even images or annotations, if you want to
- **The digital dream journal should be somewhere secure and safe,** on the cloud ideally, so you can access it from various devices

LESSON 16: How To KNOW What's Stopping You

To **REALLY** know what's stopping you from having regular lucid dreams, you must track everything. Otherwise it's hard to know whether it's your technique, your sleep quality, your intention, or anything else.

Once you've been tracking things, you'll have a pretty good idea about what's stopping you. In fact, just by **INTENDING** to track things, you'll probably have a few random lucid dreams off the back of that.

- **To KNOW what's stopping you, you must be tracking everything mentioned in the previous video and lesson**
- **If you can't remember at least 1 dream per night, dream recall is your number one priority,** ignore everything else and focus on that until you can remember one dream or more per night
- **If you CAN remember one dream per night, but you're not able to get reality checks to show up in your dreams, work on reality checks**
- **If you're remembering dreams, and reality checks are showing up but not making you lucid, focus on intention and affirmations more,** and do more of them throughout the day. **REALLY** try and get yourself to believe the affirmations and things you're saying
- **If you're doing all of the above and still nothing's happening, make sure your sleep quality is good, and you're getting a good amount of REM sleep.** This can be tracked using free apps but it's more accurate to get a sleep tracker

- **If all of the above are being done, and you're still not lucid dreaming, start TWEAKING THINGS!**
- **To tweak things, use your spreadsheet, and track movements or changes to details, one by one.** Start with the things like sleep and wake time, then change reality check frequency, the techniques you're trying, affirmations, time spent meditating per day, TIME of day you meditate, and so on
- *Start by changing the time you go to sleep by adjusting it back ten minutes every day, while keeping everything else the same*
- *Then do the same for your wake up time (Making sure to get at least 7-8 hours of sleep per night)*
- *Then start tweaking the NUMBER of reality checks you're doing per day and doing different ones (no more than one new check per week)*
- **And move through your tracking sheet, tweaking and changing things to see what makes the difference for you.** ONE of those things will be your problem, and because you're tracking things, you'll easily be able to find it. It might take a few weeks, but you'll find it