



Integration

J O U R N E Y

designed by

witnessing you
psychedelic integration

"The map is not the territory."

Hello fellow traveler,

Thank you for downloading this integration journal. I hope it serves you well and guides you exactly where you need to go.

Take what serves you and leave the rest.

with love,

David Fedish

Today's Meditation

Observe your breath as it flows in and out, allowing yourself to surrender to the rhythm of each inhale and exhale.

DAILY LOG

Date: _____

Reflection

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Wellness Log

Water Tracker 

Exercise Log

Microdose

Mood Tracker     

Today I am grateful for

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Intentions for today

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Actionable steps

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Today's mantra

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Today's Meditation

Notice the sounds around you without attaching any meaning to them, simply allowing them to come and go.

DAILY LOG

Date:

Reflection

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Wellness Log

Water Tracker



Exercise Log

Microdose



Mood Tracker



Today I am grateful for

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Intentions for today

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Actionable steps

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Today's mantra

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Today's Meditation

Scan your body from head to toe, acknowledging any areas of tension or relaxation with gentle acceptance.

DAILY LOG

Date:

Reflection

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Wellness Log

Water Tracker



Exercise Log

Microdose



Mood Tracker



Today I am grateful for

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Intentions for today

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Actionable steps

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Today's mantra

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Today's Meditation

Explore the sensations of gravity anchoring you to the earth, feeling supported and grounded in the present moment.

DAILY LOG

Date:

Reflection

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Wellness Log

Water Tracker 

Exercise Log

Microdose

Mood Tracker     

Today I am grateful for

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Intentions for today

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Actionable steps

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Today's mantra

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Today's Meditation

Reflect on the impermanence of thoughts and emotions, observing them as passing clouds in the sky of your mind.

DAILY LOG

Date:

Reflection

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Wellness Log

Water Tracker



Exercise Log

Microdose



Mood Tracker



Today I am grateful for

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Intentions for today

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Actionable steps

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Today's mantra

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Today's Meditation

Practice loving-kindness towards yourself, extending compassion to any parts of you that may be experiencing difficulty.

DAILY LOG

Date: _____

Reflection

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Wellness Log

Water Tracker 

Exercise Log

Microdose

Mood Tracker     

Today I am grateful for

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Intentions for today

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Actionable steps

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Today's mantra

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Today's Meditation

Connect with your inner child, nurturing the innocence and curiosity that resides within you.

DAILY LOG

Date:

Reflection

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Wellness Log

Water Tracker 

Exercise Log

Microdose

Mood Tracker     

Today I am grateful for

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Intentions for today

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Actionable steps

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Today's mantra

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Today's Meditation

Cultivate gratitude for the simple joys of life, appreciating the abundance that surrounds you.

DAILY LOG

Date: _____

Reflection

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Wellness Log

Water Tracker 

Exercise Log

Microdose

Mood Tracker    

Today I am grateful for

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Intentions for today

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Actionable steps

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Today's mantra

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Today's Meditation

Visualize yourself surrounded by a sphere of light, radiating love and positivity to all beings.

DAILY LOG

Date: _____

Reflection

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Wellness Log

Water Tracker 

Exercise Log
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Microdose

Mood Tracker     

Today I am grateful for

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Intentions for today

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Actionable steps

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Today's mantra

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Today's Meditation

Reflect on a recent challenge or obstacle, exploring how it has provided an opportunity for growth and learning.

DAILY LOG

Date: _____

Reflection

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Wellness Log

Water Tracker



Exercise Log

Microdose



Mood Tracker



Today I am grateful for

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Intentions for today

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Actionable steps

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Today's mantra

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Today's Meditation

Imagine yourself releasing any attachments or expectations, surrendering to the flow of life with ease.

DAILY LOG

Date: _____

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Wellness Log

Water Tracker 

Exercise Log

Microdose

Mood Tracker     

Today I am grateful for

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Intentions for today

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Actionable steps

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Today's mantra

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Today's Meditation

Focus on the sensation of your feet connecting with the ground, feeling rooted and stable in the present moment.

DAILY LOG

Date:

Reflection

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Wellness Log

Water Tracker 

Exercise Log

Microdose

Mood Tracker     

Today I am grateful for

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Intentions for today

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Actionable steps

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Today's mantra

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Today's Meditation

Explore the concept of interconnectedness, recognizing the web of relationships that unite all living beings.

DAILY LOG

Date:

Reflection

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Wellness Log

Water Tracker 

Exercise Log

Microdose

Mood Tracker     

Today I am grateful for

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Intentions for today

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Actionable steps

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Today's mantra

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Today's Meditation

Reflect on a time when you felt completely at peace, allowing yourself to bask in the memory of that tranquility.

DAILY LOG

Date:

Reflection

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Wellness Log

Water Tracker 

Exercise Log

Microdose

Mood Tracker     

Today I am grateful for

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Intentions for today

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Today's mantra

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Today's Meditation

Notice any areas of resistance within yourself, gently exploring the underlying fears or insecurities.

DAILY LOG

Date:

Reflection

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Wellness Log

Water Tracker 

Exercise Log

Microdose

Mood Tracker     

Today I am grateful for

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Intentions for today

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Actionable steps

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Today's mantra

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Today's Meditation

Practice deep listening, tuning in to the wisdom of your inner voice and intuition.

DAILY LOG

Date:

Reflection

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Wellness Log

Water Tracker 

Exercise Log

Microdose

Mood Tracker     

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Intentions for today

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Actionable steps

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Today's mantra

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Today's Meditation

Visualize yourself surrounded by a circle of supportive friends and loved ones, feeling their unconditional love and acceptance.

DAILY LOG

Date:

Reflection

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Wellness Log

Water Tracker



Exercise Log

Microdose



Mood Tracker



Today I am grateful for

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Intentions for today

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Actionable steps

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Today's mantra

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Today's Meditation

Reflect on the concept of self-love, exploring how you can cultivate a deeper sense of compassion and acceptance towards yourself.

DAILY LOG

Date:

Reflection

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Wellness Log

Water Tracker 

Exercise Log

Microdose

Mood Tracker     

Today I am grateful for

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Intentions for today

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Today's mantra

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Today's Meditation

Connect with the natural world around you, immersing yourself in the beauty and serenity of your surroundings.

DAILY LOG

Date:

Reflection

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Wellness Log

Water Tracker 

Exercise Log

Microdose

Mood Tracker     

Today I am grateful for

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Intentions for today

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Today's mantra

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Today's Meditation

Reflect on a recent moment of joy or happiness, savoring the sensations and emotions associated with it.

DAILY LOG

Date:

Reflection

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Wellness Log

Water Tracker 

Exercise Log

Microdose

Mood Tracker     

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Actionable steps

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Today's mantra

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Today's Meditation

Practice forgiveness towards yourself and others, releasing any lingering resentments or grudges.

DAILY LOG

Date: _____

Reflection

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Wellness Log

Water Tracker



Exercise Log

Microdose



Mood Tracker



Today I am grateful for

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Intentions for today

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Actionable steps

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Today's mantra

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Today's Meditation

Explore the concept of surrender, letting go of the need to control and trusting in the greater flow of the universe.

DAILY LOG

Date:

Reflection

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Wellness Log

Water Tracker



Exercise Log

Microdose



Mood Tracker



Today I am grateful for

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Intentions for today

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Actionable steps

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Today's mantra

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Today's Meditation

Notice any patterns or habits that no longer serve you, reflecting on how you can release them with compassion and understanding.

DAILY LOG

Date:

Reflection

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Wellness Log

Water Tracker



Exercise Log

Microdose



Mood Tracker



Today I am grateful for

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Intentions for today

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Actionable steps

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Today's mantra

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Today's Meditation

Connect with your inner wisdom, tapping into the innate guidance that resides within you.

DAILY LOG

Date:

Reflection

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Wellness Log

Water Tracker 

Exercise Log

Microdose

Mood Tracker     

Today I am grateful for

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Intentions for today

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Actionable steps

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Today's mantra

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Today's Meditation

Reflect on the concept of balance, exploring how you can cultivate harmony in all aspects of your life.

DAILY LOG

Date:

Reflection

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Wellness Log

Water Tracker 

Exercise Log

Microdose

Mood Tracker     

Today I am grateful for

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Intentions for today

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Actionable steps

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Today's mantra

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Today's Meditation

Practice mindfulness in motion, bringing awareness to each step you take and each movement you make.

DAILY LOG

Date:

Reflection

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Wellness Log

Water Tracker



Exercise Log

Microdose



Mood Tracker



Today I am grateful for

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Intentions for today

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Actionable steps

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Today's mantra

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Today's Meditation

Explore the concept of self-compassion, treating yourself with the same kindness and understanding that you would offer to a dear friend.

DAILY LOG

Date:

Reflection

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Wellness Log

Water Tracker



Exercise Log

Microdose



Mood Tracker



Today I am grateful for

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Intentions for today

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Actionable steps

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Today's mantra

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Today's Meditation

Reflect on the concept of impermanence, recognizing that all things are constantly changing.

DAILY LOG

Date:

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Wellness Log

Water Tracker



Exercise Log

Microdose



Mood Tracker



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Actionable steps

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Today's mantra

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Integration

J O U R N E Y

designed by

witnessing you
psychedelic integration