

30 DAY LUCID DREAMING BOOTCAMP



If you don't understand what a task is, the bolded words and tasks are all explained in the Ebook that came with this schedule.

Day	TICK	Daily Tasks	Reality checks	Reality Check TRIGGERS	Techniques	Notes
1		See the 'before you start' section in the Ebook, and MEDITATE (When I say meditate from now on, do 5-10 minutes first thing in the morning)	Finger/Palm Push	Whenever you hear/see someone laughing	WILD!	This week is all about getting used to doing the tasks, and staying on track. Make sure to tick the day when you've completed it, and feel free to write your own notes on this sheet if you've printed it out. This is where you'll need the most focus and motivation, so keep yourself inspired every day and BUILD the habit strongly.
2		Set up your dream journal by your bed and meditate		Whenever you hear/see someone laughing		
3		From now on, write in the journal every single day. Also, today, setup your bedroom , and maybe get some pillow spray. Explained in guide and meditate		Whenever you hear/see someone laughing		
4		Read inspiring articles about lucid dreaming. They can be about any aspect of it, but just read something about it and meditate		Whenever you walk through a doorway		
5		Do the visualisation exercise from the Ebook about the island and meditate		Whenever you walk through a doorway		
6		Do the 'Mantra' exercise from the Ebook and meditate		Whenever you walk through a doorway		
7		Relax today. Don't stress about things but try and talk to more people than you normally would. Also meditate		Whenever you walk through a doorway		
8		Watch Inception and meditate	Nose Pinching	Whenever you see a cat or a dog	WBTB or MILD	This week we're thinking about planting 'seeds' of lucid adventures in your mind. Watching a dream related film is important here, along with doing the exercises I set you from the Ebook. Don't stress about it, but make sure to follow the steps!
9		Plan which day you can do the WBTB , or if you can't, read up about the MILD .		Whenever you see a cat or a dog		
10		Go on a random walk near where you live. Doesn't matter where, but the WHOLE time you're walking, be AWARE of as much as you can. Sights, sounds, feelings, everything. Meditate as normal .		Whenever you look at your phone or hands		
11		Sit down, close your eyes, and perform the 'imaginary conversation' scenario in your head (See Ebook)		Whenever you look at your phone or hands		
12		Try to talk to as many people as you possibly can today. Doesn't matter what you talk about, just get a feel for talking to random people and meditate		Whenever you say 'hi', 'hey' or 'hello'		
13		As you walk around today, imagine how it would feel to be able to control the objects around you with your mind. Also when you wake up, read through your dream journal and remember how the dreams felt. Be detailed, and meditate		Whenever you say 'hi', 'hey' or 'hello'		
14		Go through your dream journal and see what it says. What do you notice? Any patterns? Things that come up a lot? Make a note of them.	Whenever you say 'hi', 'hey' or 'hello'			
15		Watch Chronicle and try and imagine what it feels like to have that sort of superpower, or just watch an inspiring film and meditate	Looking at text or your phone/watch	Whenever you see anything pink	Reality checks ONLY	Things should be starting to come together in this week. After the WBTB technique last week, you might even have some lucid dreams in your dream journal. Keep going, whether you have or haven't. When you walk around your daily life this week, try and be EXTRA aware of what's happening around you.
16		Meditate 3 times today for 5-10 minutes each time. Try to space the meditations out throughout the day, maybe one in the morning, one before lunch and one before bed.		Whenever you feel happy/excited		
17		Go through all of the reality checks you know several times today as practice, and be mindful each time. Really focus on the reality checks and take LONGER to do them today.		Whenever you can see more than about 20 people at once		
18		Observe everyone you talk to today. Look at their body language. Do they look relaxed or stressed? Don't overthink this but be more aware of the way people hold their bodies and meditate as normal in the morning.		Whenever you can see more than about 20 people at once		
19		For today only, try not to look at your phone at all, if you can. This task is optional. It's to get you to focus more on what's going on around you. For bonus points, don't look at any social media and ONLY watch or read things relating to lucid dreaming, and meditate		Whenever you feel happy/excited		
20		Meditate 3 times today for 5-10 minutes each time.		Whenever you see a plane in the sky		
21		Take a nap today. It can be for as little as 10-20 minutes, and it can be at any time other than when you'd normally go to sleep. Don't try and lucid dream during this nap, just relax and see what happens and meditate	Whenever you handle money			
22		Watch Cloud Atlas and meditate. Really pay attention to how you're feeling today, especially after your meditation, and close your eyes. While your eyes are closed, vividly imagine what you'll do in your next lucid dream.	Different reality check each hour	Whenever you hear/see someone laughing	WBTB	This week might be difficult for you but hopefully by this point, you've built up the momentum of following the tasks. The idea here is to mix EVERYTHING up a lot.
23		Practice all day awareness today. This is explained in the ebook and meditate	Palm finger push	Whenever you look at your phone or hands	WILD	
24		Do the 'Mantra' exercise from the Ebook and meditate	Nose Pinching	Whenever you say 'hi', 'hey' or 'hello'	MILD	
25		Go through your dream journal and see what it says. What do you notice? Any patterns? Things that come up a lot? Make a note of them and meditate	Reading text/Phone screen	Whenever you see a cat or a dog	Reality checks	
26		Meditate 3 times today for 5-10 minutes each time	Different reality check each hour	Whenever you walk through a doorway	WBTB	
27		Go through your dream journal and see what it says. What do you notice? Any patterns? Things that come up a lot? Make a note of them, and meditate	Palm finger push	Whenever you see something BLUE that's bigger than a suitcase	WILD	
28		Do the 'Mantra' exercise from the Ebook and meditate	Nose pinching	Whenever you hear/see someone laughing	MILD	
29		Today is all about meditation . Meditate 5 times during the day, each time for 5-10 minutes at least. This might be difficult as it's the most meditation we've done so far, but it's important and you should feel GOOD afterwards too!	Whichever one felt right/gave you some sort of results in the last 28 days. Refer to your dream journal to see what was the most effective.	Whichever one felt right/gave you some sort of results in the last 28 days.	None	See the section in the explanation guidebook about what to do when you finish!
30		Read several articles about lucid dreaming today, and try and perform the visualisation exercise again about the island and meditate				
31+		Well done! You've built a HABIT . Things you do for 30 days or more become habits and stay with you for life usually. Keep it up, and make sure to write everything that happens in your dream journal! The journey isn't over, but you've now built the habits you'll need to become a lucid dreamer. There is more information about what to do next in the ebook as well.				