RIVALSHOT ACADEMY · LEARNER JOURNAL

Notice, Check, Choose: my awareness journal

This journal is yours. Use it to practice the course habit in ordinary places: notice the baseline, check what you actually observed, and choose a proportionate step. Write about kinds of places and your own choices. Do not record addresses, codes, schedules, or names or descriptions of real people. You can skip any prompt, and you can pause whenever a topic feels heavy.

How to use this journal

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Write for yourself. Leave out addresses, codes, account details and anything that identifies other people.

Learn the baseline

Pick a kind of place you visit often, such as a café, gym or waiting room. Describe its baseline at one time of day in one sentence using sound, pace and focus.

What ordinary events shift that baseline, and how does the room change when they happen?

Try a ten-second read somewhere new this week. What did you notice that you would normally have missed?

Observation or assumption

Think of a quick judgment you made recently in a public place. Write one camera sentence describing only what you observed.

List three ordinary explanations for what you saw. Which word in your first reaction was a story rather than an observation?

When has a feeling of unease been useful to you, and how could you act on one for yourself without labeling anyone?

Cues worth a second look

Recall a moment when something caught your attention in public. Apply the filter test honestly: was it behavior or appearance?

Using change, fit and direction, describe a situation that would earn a second look in a place you know, without describing any real person.

Which of your own assumptions would you most like to keep an eye on, and why?

Choose your step

For a place you go regularly, write what continue, adjust, ask staff and leave would each look like there.

Draft a calm, one-sentence message you could give staff about a concern, using a camera sentence plus a location.

Which of the four choices do you find hardest to make, and what would make it easier?

Arrival habit

Run the arrival minute the next time you go out. Note the two ways out, the staff, the help points and any meeting spot, using general descriptions only.

What was hardest to find, and who could you ask about it next time?

If you go out with family, friends or someone with access needs, how will you share the habit with them?

Calm awareness

Where does your awareness dial usually sit in public: too low, too high or about right? What tells you so?

Name two transitions in your week where you will practice a deliberate look, and how you will reset afterwards.

What would tell you this habit is helping you enjoy places more rather than adding stress? Who could you talk to if it began adding stress?

Looking back

Describe the notice, check, choose cycle in your own words, as you would explain it to a friend.

Which idea from the course changed how you see the places you go, and what will you do differently this month?

What would you still like to learn, and where could you find qualified, in-person training or an official resource to learn it?

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