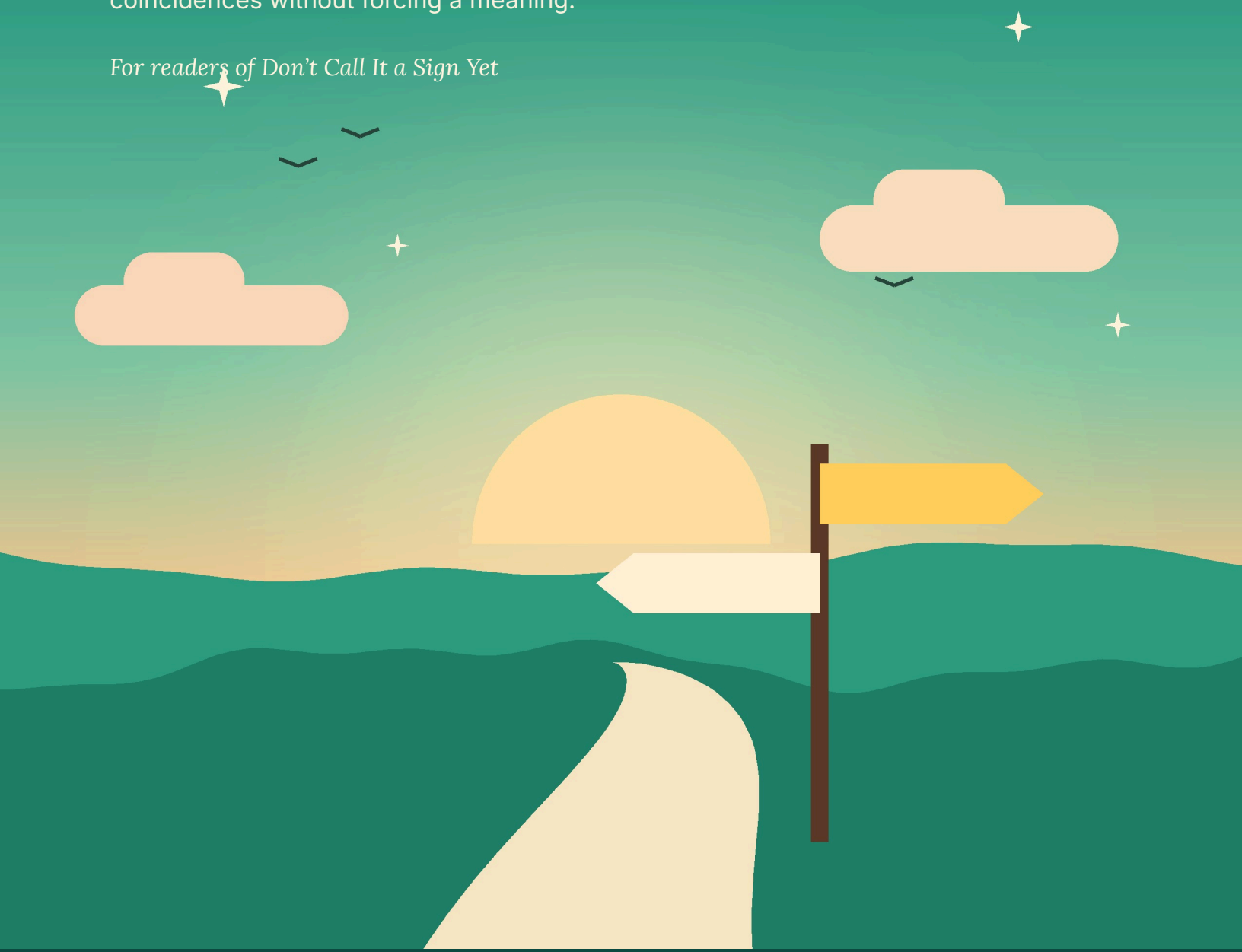
FREE PRINTABLE COMPANION

The Synchronicity Field Kit

Pocket cards, a 14-day tracker, and printable logs for recording coincidences without forcing a meaning.

For readers of Don't Call It a Sign Yet



START HERE

Maybe. I will write it down and decide later.

Printable pages for the book's 14-Day Synchronicity Observation Plan, using the same tool names and numbers as *Don't Call It a Sign Yet*.

The method in six moves

1. **Record the event before the story.** Write what happened and where it came from, then your first interpretation on a separate line. TOOLS 1–2
2. **Check the baseline.** Before calling something rare, count how many chances you had to meet it. TOOL 3
3. **Notice what you are already looking for.** A live decision, fear, or hope changes what catches your eye. TOOL 4
4. **Tag, then pause.** Classify the pattern without explaining it, and give the meaning 72 hours. TOOLS 5–6
5. **Keep the misses beside the hits.** Only expectations written down in advance can count. TOOLS 7, 13
6. **Test the meaning, then gate the action.** Five questions first; four gates before anything you cannot easily undo. TOOLS 8–9

Set your recording threshold

Record an event only if it strikes you strongly enough that you would probably still remember it tomorrow.

My threshold for an entry

Mark how promptly you recorded it

A	During the event or very soon afterward	**B**	Later the same day	**C**	The next day or later, from memory

The letter does not measure accuracy; it reminds you that memory rewrites details. A dramatic C entry should not outweigh a quiet, clear A entry.

When to stop. Pause tracking for at least seven days if you start checking clocks, receipts, or feeds compulsively, lose sleep decoding events, feel that ordinary events are watching or targeting you, or become more afraid rather than more clearheaded. If fear or sleeplessness continues, please reach out to a qualified health professional. Stopping is part of discernment, not a failure.

What's inside

Page	Page title	Page	Page title
3	Pocket Cards	10	Hit / Miss Ledger
4	14-Day Tracker	11	Test the Meaning
5	Synchronicity Log	12	The Action Safety Gate
6	Daily Observation Page	13	The Weekly Review
7	Check the Baseline	14	The 14-Day Final Review
8	Attention Map & Pattern Board	15	Ten Ordinary Explanations
9	The 72-Hour Meaning Pause	16	Keep the Record

✂ Print, cut along the dashed lines, and keep one card in your wallet, phone case, or notebook.

Before You Call It a Sign

THE EIGHT QUESTIONS · INTRODUCTION

1. What actually happened?
2. What was I thinking and feeling at the time?
3. Why did it stand out to me?
4. How often would I normally encounter something like this?
5. Does it still appear when I go about my normal life, without searching?
6. Are there misses or counterexamples?
7. Does it still feel important a few days later?
8. Does it really require me to act right now?

Maybe. I will write it down and decide later.

Fact / Meaning Split

TOOL 1 · THE FIRST SKILL

FACT: what a camera or a timestamp could confirm.
MEANING: what I first thought it meant.
UNSURE: what I do not actually know.

Example. Fact: "I thought of Dana at about 7:10. Her message arrived at 7:52." Meaning: "She must have felt me thinking of her." Unsure: "Whether I thought of her before or after seeing her photo online."

Watch for a conclusion smuggled into the fact line.

The Action Safety Gate

TOOL 9 · BEFORE YOU ACT ON A MEANING

1. Even without the sign, does this action make sense on its own?
2. Can it be easily undone?
3. Does it respect other people's consent and boundaries?
4. Am I becoming steadier, or more urgent?

LEVEL 1 Reflection · **LEVEL 2** Gathering information · **LEVEL 3** Commitment

A sign can lead to Level 1 or 2. Level 3 needs real-world evidence.

My Stop Rule

TOOL 11 · WRITE IT BEFORE YOU NEED IT

I will stop tracking for at least seven days when:

1. _____

2. _____

3. _____

My weekly review time: _____

Stopping is not a spiritual failure. It is part of discernment.

THE 14-DAY PLAN

14-Day Tracker

Ten to twenty minutes a day. If nothing meets your threshold, write “nothing today.” That is a complete entry. Tool 12, the Daily Observation Page, can close any day.

Day	Focus	Tool	Date	Done	One-line note
1	Set up your log and draw a safety boundary	Tool 2		☐	
2	Practice the fact / meaning split	Tool 1		☐	
3	Record without searching	Tool 2		☐	
4	Check one baseline	Tool 3		☐	
5	Map your attention	Tool 4		☐	
6	Tag the patterns	Tool 5		☐	
7	First weekly review	Tool 10		☐	
8	Begin a 72-hour pause (Hour 0)	Tool 6		☐	
9	24-hour check; start the hit / miss ledger	Tools 6, 7		☐	
10	48-hour check; look for counterexamples	Tools 6, 13		☐	
11	72-hour check; use the five questions	Tools 6, 8		☐	
12	Run the action safety gate	Tool 9		☐	
13	Write your stop rule	Tool 11		☐	
14	Final review	Tool 14		☐	

Your 72-hour pause clock (Days 8–11)

Hour 0 · Day 8	Hour 24 · Day 9	Hour 48 · Day 10	Hour 72 · Day 11
Date / time:	Date / time:	Date / time:	Date / time:

EVERY DAY

Synchronicity Log

One form for every entry, even when the story changes. Ordinary entries count too.

SEVEN-FIELD SYNCHRONICITY RECORD · TOOL 2

Promptness A B C

1. Date and time

7. Review date

2. What happened (including the source)

3. What I was thinking just before (or "I don't know")

4. What I was feeling

5. Why it caught my attention

6. My first interpretation

Tag (Tool 5): ☐ Number ☐ Word or phrase ☐ Person or encounter ☐ Theme ☐ Timing Intensity 1 2 3 4 5

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END OF ANY DAY

Daily Observation Page

A two-minute close to the day. The last question matters most: it gives you permission to stop thinking about it until tomorrow.

DAILY OBSERVATION PAGE · TOOL 12 Date: _____

Events worth recording today

The question or worry most active in my mind today

Did I deliberately search for confirmation? ☐ Yes ☐ No

One thing that did not fit my current pattern

Which question can I leave unanswered for tonight?

DAILY OBSERVATION PAGE · TOOL 12 Date: _____

Events worth recording today

The question or worry most active in my mind today

Did I deliberately search for confirmation? ☐ Yes ☐ No

One thing that did not fit my current pattern

Which question can I leave unanswered for tonight?

DAY 4

Check the Baseline

The baseline does one thing: it estimates how much of a repetition may come from exposure. It does not decide whether the experience matters to you.

THREE-DAY EXPOSURE SNAPSHOT

Target I am tracking _____

Day	Opportunities (roughly how many chances)	Appearances (how many times it showed up)	Notes (where, when, did I look for it?)
Example	*Checked the time about 32 times*	*1 (3:33)*	*Phone pickups from Screen Time; not checking extra*
Day 1			
Day 2			
Day 3			
Total			

Do not check more often for the exercise. Three days is far too short to prove anything; its job is to keep your opportunities in the count.

A rough estimate for "tidy" times. The eight times 1:11, 2:22, 3:33, 4:44, 5:55, 10:10, 11:11, and 12:12 take up eight minutes of every twelve hours, so a random glance has roughly a one percent chance of landing on one. Fifty glances a day is 350 a week, or about three or four tidy times. Glances are not perfectly random, so treat this as a reminder, not a statistic.

BASELINE EXPOSURE CHECK · TOOL 3

Roughly how many chances do I have to encounter it each day?

Has my exposure increased recently?

Am I deliberately looking for it?

Could algorithms, routine, location, or search history be increasing my exposure?

Six months ago, would I have noticed the same thing?

DAYS 5–7

Attention Map and Weekly Pattern Board

First see what your mind is already looking for. Then count by category, keeping frequency and emotional intensity apart.

ATTENTION CONTEXT MAP · TOOL 4

Decision | **Fear** | **Hope**

Loss | **Identity** | **Question**

How might this context be shaping what I notice?

WEEKLY PATTERN BOARD · WEEK OF _____

Category	Entries (count)	Strongest example	Intensity (1–5)	The question I am really asking
Person or encounter	*4*	*A message arrived soon after I thought of him*	*4*	*Do I actually want to reconnect?*
Number repetition				
Word or phrase repetition				
Person or encounter repetition				
Theme repetition				
Timing coincidence				

An entry can carry two tags, so category totals may add up to more than your number of entries. Variations of one theme are one theme, not separate confirmations. “The question I am really asking” is a question, not an answer.

DAYS 8–11

The 72-Hour Meaning Pause

The pause is not 72 hours of hunting for proof. Live normally, then check in at each mark. The bigger the decision, the longer the pause.

Event _____ **Recorded on (date / time)** _____

HOUR 0 **My first interpretation, exactly as I would say it**

HOUR 24 **What has changed? Did anything new happen, or did I only think about it more?**

HOUR 48 **Ordinary explanations, counterexamples, and missing information**

HOUR 72 **What remains? How strong does the meaning feel now (1–5)?**

Smallest real-world action (something reasonable even if the meaning turns out to be wrong)

If the meaning gets stronger after 72 hours, that is worth noting, but a stronger feeling is still not evidence. Move to the Five-Question Discernment Test, and run any action through the Action Safety Gate before you commit.

DAY 9 ONWARD

Hit / Miss Ledger

Write a specific expectation and a deadline before the outcome is known. Anything recalled afterward cannot count as a hit, and a deadline cannot be quietly extended.

Specific expectation	Written before outcome?	Written (date / time)	Deadline (set in advance)	Outcome H · M · U · N · V	Notes
Lee will call me about the job by Friday	*Yes*	*Mon 9:15 am*	*Fri 6:00 pm*	*M*	*He emailed on the next Tuesday*

H Hit	**M** Miss	**U** Unknown or pending (not a miss)	**N** Non-testable	**V** Too vague to evaluate

Misses are valuable. They show you which feelings are reliable guides and which are mostly hopes or fears. A miss is never rewritten into a hit.

DAYS 10–11

Test the Meaning You Believe Most

Ask questions that could also be answered "no." If every possible answer supports your interpretation, you are not testing it.

FIVE-QUESTION DISCERNMENT TEST · TOOL 8

1. What actually happened?

2. What is my interpretation?

3. What else could explain it?

4. What would weaken my interpretation?

5. What is the smallest real-world action this meaning could lead to first?

COUNTEREVIDENCE PAGE · TOOL 13

The interpretation I am testing

Evidence that supports it (only what I genuinely have)	**Evidence that weakens it or points elsewhere**
1.	1.
2.	2.
3.	3.

What would genuinely change my mind?

DAY 12

The Action Safety Gate

Meaning does not require obedience. Pass the action, not the sign, through the four gates.

The action I am considering

Gate	My answer
Gate 1. Even without the sign, does this action make sense on its own?	☐ Yes ☐ No
Gate 2. Can this action be easily undone?	☐ Yes ☐ No
Gate 3. Does it respect other people's consent and boundaries?	☐ Yes ☐ No ☐ Not applicable
Gate 4. Am I becoming steadier, or more urgent?	☐ Steadier ☐ More urgent

Action level	Examples	What it needs
☐ **Level 1** Reflection	Writing, walking, asking yourself questions, reviewing a decision	A sign can lead here
☐ **Level 2** Gathering information	A conversation, research, asking a professional, visiting a place	A sign can prompt this
☐ **Level 3** Commitment	Large purchases, resigning, moving, ending a relationship, changing treatment, signing a contract	Real-world evidence and ordinary decision-making

What real-world evidence do I still need before acting?

My next step at the level the gates allow

DAY 7 AND EVERY WEEK

The Weekly Review

One fixed time each week; thirty minutes is enough. Do not reread your records all day. The method should take up less of your mind over time, not more.

WEEKLY REVIEW · TOOL 10 Week of: _____

Total number of entries _____

Entries per category: Number ___ Word or phrase ___ Person or encounter ___ Theme ___ Timing ___

Most common category _____ **Another common category, if any** _____

Outcomes of expectations: Hit ___ Miss ___ Unknown or pending ___ Too vague ___

Non-testable feelings: ___ **Recalled afterward:** ___

A pattern worth continuing to observe, if any

One pattern I can let go of

One interpretation I have changed my mind about

Entries I can archive this week

An entry can carry two tags, so category totals may exceed your total entries. The outcome lines count only entries that involved an expectation or a feeling.

DAY 14

The 14-Day Final Review

A good record does not turn uncertainty into a verdict. It lets you carry uncertainty without handing it the steering wheel.

14-DAY FINAL REVIEW · TOOL 14

The pattern that repeated most clearly

A pattern that seemed stronger in memory than in the record

One experience that still feels meaningful, even without a conclusion

One interpretation I revised after waiting

A miss that taught me something, if any

One decision that became clearer through ordinary evidence

The rules I will keep (up to three)

1.

2.

3.

Other entries or patterns I want to keep open

Conclusions your record can support. "This happened, I have a record of it, and it still feels meaningful to me." · "Once I counted my exposure, this pattern was not as rare as it seemed." · "I don't know why the timing was so striking." Make the conclusion smaller, not the story bigger.

BONUS PAGE

Ten Ordinary Explanations to Check First

Not to explain the experience away, but to know what the repetition itself can and cannot show. Tick each one you have honestly checked.

	Check	The question to ask	Book	Fits?
☐	**1. Exposure**	How many chances did I have to meet it? Count before you call it rare.	Tool 3	Yes / Partly / No
☐	**2. Active searching**	Was I looking for it, checking the clock, or scanning plates and receipts?	Tool 3	Yes / Partly / No
☐	**3. Algorithms and feeds**	Did search history, a recommendation, or an ad put it in front of me?	Tool 3	Yes / Partly / No
☐	**4. Routine and location**	Do my schedule, route, or neighborhood make it likely: the same bus, the same shop?	Tool 3	Yes / Partly / No
☐	**5. Primed attention**	Is a live decision, fear, hope, loss, or identity question making me alert to it?	Tool 4	Yes / Partly / No
☐	**6. Shrinking time gaps**	What do the actual timestamps say? “Immediately” is often forty minutes.	Tool 1	Yes / Partly / No
☐	**7. Shared context**	Was the other person reacting to the same news, holiday, date, or event that I was?	Tool 8	Yes / Partly / No
☐	**8. Forgotten misses**	How many times did I think of it, expect it, or hope for it, and nothing happened?	Tool 7	Yes / Partly / No
☐	**9. Loose matching**	Would I have counted a near match? Any repeated digits? Any bird? Any similar name?	Tool 5	Yes / Partly / No
☐	**10. Retold stories**	Is this the version I first wrote down, or a smoother story I have told several times since?	Tool 2	Yes / Partly / No

If an ordinary explanation fits, the experience can still matter to you. A song an algorithm played can still mean something at that moment. You have simply learned how much of the repetition came from exposure. “The algorithm showed it to me, so it means nothing” is just as hasty as “it appeared three times, so it must be a message.”



KEEP THE WONDER

Keep the record. Let time add the context.

A coincidence can be meaningful without being a command. A pattern can be worth observing without becoming a prophecy.

When the fourteen days are over, keep only what helped: your threshold, your stop rule, and the habit of writing the fact before the story. Put the rest of the log away. You can always open it again when something catches your attention.

The next time you feel the urge to say "this must be a sign," try a quieter sentence first: Don't call it a sign yet.

About the series

Don't Call It a Sign Yet is Book 02 in the **Practical Awareness Guides** by Yun Anwei: short, practical handbooks for noticing your inner life without forcing a meaning. Each book focuses on one subject, with tools you can use the same day. New guides are added to the series every week, and each one comes with its own free companion like this kit.

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