



The Lunar Reflector

Selftember Open Source Edition

v 0.0.2 alpha

For *you*

who has the express right to infinitely
reproduce and print for personal use.

If you have suggestions or would like to contribute
enhancements, please join us!

<https://github.com/alexwykoff/selftember>

Thanks and Best Wishes!



Lunar v0.0.2a

How to

As humans we often think of Happiness as the goal.

I would challenge you to shift this a bit and say that Satisfaction should be the word you use.

This distinction is one of the oldest philosophical arguments and is broken down into **Hedonism** vs **Eudaimonism**.

Socrates is known for having said,
“The unexamined life is not worth living.”

Socrates is also known to have been guided by a ‘daemonic voice’ (see Plato’s Symposium). The goal of Lunar is to help you examine your own life and establish your own guiding voice.

Each page will offer you a series of questions and activities to offer you the means of reflection and adjustment.

This is meant for you personally and is best done in a moment of quiet solitude.

It should be used from one full moon to another. (28 days, 4 weeks)

**This is not a
planner.**



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Day 0 : Where are we now?

There are some fundamental mechanics to our feelings and behavior as humans. We're going to look at habits because they dominate the majority of our actions and for Lunar to be successfully used, you'll need to create a habit around it.

Nir Eyal, author of *Hooked*, has a model of habit formation which is a reinforcing cycle:

Trigger → **Action** → **Investment** → **Variable Reward**

His mentor BJ Fogg also has a model about the successful execution of a behavior:

Behavior = Motivation x Ability x Trigger

What we can take away from these models is that our behaviors are not set in stone, but they do require management of triggers, motivations, and scale of action(ability) to change.

Let's take a look at where we are now and then we'll create some new habits.



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Day 0 : Where are we now?

Reflection: An examination of today's version of you.

What did you do which was valuable or important to you?

1.

2.

3.

What did you do which was not valuable or important to you?

1.

2.

3..

For those things which were not valuable or important, was there anything good or valuable which came out of it anyway?