

An Altered State Economy Personal Inventory

AKA:

How Much Time and Money Do I Devote to Changing My “Default-Mode” Consciousness?

For each question, consider how much **time** (T) and **money** (\$\$\$) you spend per year (and for a handy approximation—estimate time and money per week x 50 = annual).
24-55 year olds have between 2.5-3.5 hours per day elective for sports and recreation.

1. Inventory your substances of choice:

Alcohol (include home use and bar/restaurant/event tabs) T= _____ \$\$\$= _____

Tobacco (include cigarettes, e-cigs and nicotine patches) T= _____ \$\$\$= _____

Coffee, Tea & Energy Drinks (include at-home and café tabs) T= _____ \$\$\$= _____

Cannabis (licit or illicit—but for the sake of this form—only when in WA or CO, or with a medical card in participating states) T= _____ \$\$\$= _____

Other substances T= _____ \$\$\$= _____

TOTAL elective substance use: T= _____ \$\$\$= _____

2. Inventory prescribed or off-label psycho-pharmaceuticals:

(anti-depressants, anti-anxiety, ADD, bi-polar, insomnia, etc.)

Anti-depressants T= _____ \$\$\$= _____

Anti-anxiety (including sleep aids) T= _____ \$\$\$= _____

Focusing/ADD T= _____ \$\$\$= _____

TOTAL pharmaceuticals: T= _____ \$\$\$= _____

3. Go to therapy or have a personal coach? T=_____ \$\$\$=_____

4. Attend spiritual retreats, personal growth workshops or church?

T=_____ \$\$\$=_____

5. Participate in action and adventure sports?

Cost of gear \$\$\$=_____

Cost of travel/events \$\$\$=_____

Time=_____

6. Attend live music festivals, concerts or gatherings? T=_____ \$\$\$=_____

7. Creative/reflective outlets like hunting, painting or music where the emphasis for you is more on the process and how it feels than product/outcome?

T=_____ \$\$\$=_____

8. Spend time watching TV (especially binge-watching!), watching movies or IMAX

(include streaming subscriptions, screens, sound systems, etc.)? T=_____ \$\$\$=_____

9. Consider sex—how much time spent having it or trying to have it.

Cost of dating/mating (subscriptions to apps/sites, date nights, status purchases—this includes fancy cars, watches—anything that goes beyond functionality into signifying success/beauty) T=_____ \$\$\$=_____

Cosmetic improvement (surgical, non-surgical, hair, teeth, clothing) T=_____ \$\$\$=_____

Toys and paraphernalia (including pharmaceuticals) T=_____ \$\$\$=_____

Erotica (print or visual) T=_____ \$\$\$=_____

Actual time solo or partner sex T=_____

TOTAL time and dollars devoted to sexuality T=_____ \$\$\$=_____

10. Mindfulness practices—Prayer? Meditation? Yoga? Journaling? Any physical or mental practice that takes your “mind off the day to day?” T=_____ \$\$\$=_____

TOTALS: Add up all the T=Times, and then decide for yourself whether you err on the low-end of discretionary time in your life (Bureau of Labor and Statistics would put you at the 2.5 hours per day) or the higher end (3.5 hours per day). If you are SUPER busy, downgrade further. If you have more free time, give yourself more hours. Take your total T and divide by your daily hour allotment.

I spend _____ days of every year seeking to alter my consciousness in some positive way.

Now add up all the \$\$\$\$. Take your total annual income and divide into the \$\$\$ spend.

I spend _____% of my earnings every year seeking to alter my consciousness in some positive way.

Now that you’ve conducted this survey—take a few moments to jot down your insights:

The thing that surprised me most about conducting this inventory was...

The one thing I want to change about how I am spending my money and my time is...

The most important thing I want to remember and take away from this exercise is...

