SAH Synchronicity Journal

A record of events timing predictions and personal meaning

Use this journal to record experiences that feel meaningfully connected. Keep what you predicted before an event separate from what you noticed afterward. You can explore personal meaning while leaving the cause uncertain.

Your journal

Name _____ Started _____

How to use it

1 Write a prediction before the outcome, if there is one. Include a deadline and what would count as a match. If nothing was recorded beforehand, say so.

2 Record what happened promptly. Include the event time, the time you wrote it down, the time zone and how you know the time.

3 Compare the outcome with your original wording. Record misses and partial matches as carefully as apparent hits.

4 Consider ordinary explanations, then reflect on what the experience means to you. Revisit your first interpretation later.

Keep the record honest

Use exact quotes where possible. Do not revise a prediction after learning the outcome; add a dated note instead. Mark estimates and uncertain memories clearly. Avoid identifying other people without their permission.

A striking coincidence alone cannot establish a cause or a reliable prediction. Personal meaning can still be valuable. Let practical decisions rest on evidence, your values and real-world circumstances.

Print or duplicate the two-page blank entry for each experience. In Word, type in the response spaces and add space as needed. The final page helps you review patterns, including occasions when nothing happened.

Worked example

Illustrative entry • Record before interpreting

Entry EXAMPLE Event date 12 October Location Home Time zone Local time

Prediction recorded beforehand

11 October at 8:15 pm, in a dated note: “Alex will call me tomorrow before 6 pm, without me contacting them first.”

What would count as a match

An incoming voice call from Alex before 6 pm on 12 October. A text alone would not count. No call by then would be a miss.

Event and recording times

Event: 12 October, 3:42 pm, from the phone call log. Journal entry: 4:10 pm the same day. Both times use the same local time zone.

What actually happened

Alex called at 3:42 pm. We spoke for nine minutes about a book. I had not contacted Alex that day.

Supporting record and limits

The dated prediction note and call log are available. I cannot verify what prompted Alex to call. I had thought about several other friends that week too.

Immediate response

Surprise and warmth. It felt connected to thinking about Alex the previous evening.

Worked example reflection

Illustrative entry • Compare consider and reflect

Compare prediction and outcome

The outcome met the wording and deadline. It is one apparent hit; I have not counted all other predictions or thoughts that did not lead to contact.

Possible ordinary explanations

Alex and I speak fairly often. A shared interest or recent conversation could have brought me to mind. With many thoughts and contacts, some overlaps are expected. I may remember this match more readily than non-matches.

What remains unknown

How often I have this thought without a call; how often Alex calls in a typical month; whether a shared reminder prompted both of us.

Personal meaning

The call reminded me that this friendship matters. I can appreciate that feeling without concluding that my thought caused or predicted the call.

A grounded next step

Make time to maintain the friendship. Continue recording all specific predictions, including misses, rather than waiting only for striking matches.

Later review

Reviewed 19 October. The sense of connection remains meaningful. I still do not know why the timing coincided, and I do not need to settle that question.

Event record

Entry 01 • Page 1 of 2

Event date _____ Location _____

Event time _____ Time zone _____

Written on _____ At _____

What did I predict beforehand

If none, write “No prediction recorded beforehand.” If remembered later, label it retrospective.

When and where was that prediction recorded

What exactly would count as a match or a miss and by when

What actually happened in sequence

How do I know the timing and what records support it

Mark each time as exact, approximate or unknown. Note any limits in the record.

What did I feel or notice immediately

Reflection and follow up

How did the outcome compare with the original prediction

Result: match / partial match / miss / unresolved / no prior prediction. Note changed details.

What ordinary explanations could fit

Consider chance, repeated exposure, routines, shared cues, selective attention, memory and unnoticed information. What supports or weakens each explanation?

What did not match or did not happen

What remains uncertain and what could clarify it

What personal meaning does this experience hold for me

What grounded action if any feels worthwhile

Later review date and any change in my understanding

Event record

Entry 02 • Page 1 of 2

Event date _____ Location _____

Event time _____ Time zone _____

Written on _____ At _____

What did I predict beforehand

If none, write “No prediction recorded beforehand.” If remembered later, label it retrospective.

When and where was that prediction recorded

What exactly would count as a match or a miss and by when

What actually happened in sequence

How do I know the timing and what records support it

Mark each time as exact, approximate or unknown. Note any limits in the record.

What did I feel or notice immediately

Reflection and follow up

How did the outcome compare with the original prediction

Result: match / partial match / miss / unresolved / no prior prediction. Note changed details.

What ordinary explanations could fit

Consider chance, repeated exposure, routines, shared cues, selective attention, memory and unnoticed information. What supports or weakens each explanation?

What did not match or did not happen

What remains uncertain and what could clarify it

What personal meaning does this experience hold for me

What grounded action if any feels worthwhile

Later review date and any change in my understanding

Event record

Entry 03 • Page 1 of 2

Event date _____ Location _____

Event time _____ Time zone _____

Written on _____ At _____

What did I predict beforehand

If none, write “No prediction recorded beforehand.” If remembered later, label it retrospective.

When and where was that prediction recorded

What exactly would count as a match or a miss and by when

What actually happened in sequence

How do I know the timing and what records support it

Mark each time as exact, approximate or unknown. Note any limits in the record.

What did I feel or notice immediately

Reflection and follow up

How did the outcome compare with the original prediction

Result: match / partial match / miss / unresolved / no prior prediction. Note changed details.

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Consider chance, repeated exposure, routines, shared cues, selective attention, memory and unnoticed information. What supports or weakens each explanation?

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What grounded action if any feels worthwhile

Later review date and any change in my understanding

Pattern review

Review a week or month of entries including quiet days

Period _____ Reviewed on _____

Entries reviewed _____ Days observed _____

What was the full picture

Specific predictions made ____ Matches ____ Partial matches ____ Misses ____
Unresolved ____ Experiences with no prior prediction ____

How often did I have similar thoughts without a matching event

What patterns might reflect routines exposure or selective attention

Which records were made beforehand and which relied on memory

What meaning or values keep appearing in my reflections

What will I carry forward or change in how I record events

It is okay to leave an experience unexplained. A useful journal supports curiosity, perspective and everyday life without requiring a final answer.