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Simple experiment

set up your personal
growth and development
goals

Set up a very humble
personal goal or objective

Think of something simple
you can achieve in the
course of one or two
weeks

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Think of a hypothesis
regarding that goal or
objective

- e.g if I do X within Y
date/time range, I expect Z
will happen

Draft a short experiment to test your hypothesis

- e.g. Each day I will do a couple of small Xs between Y date/time range
- Define how you'll track and measure your progress by using evidence-based metrics [what you need to see/hear/experience]

Run your experiment

- Perform chosen actions in the defined time-frame
- Track and measure your progress using defined evidence-based metrics

Review experiment results

- After defined time-frame expires, reflect on your results
- Analyze your progress: what went well and what did not
- How much progress did you or did not see/hear/experience

Run a new experiment by applying your learning

- Choose the same Y date/time range as the initial experiment
- Perform re-defined or updated actions in the defined time-frame
- Track and measure your progress

Review your new results

- After defined time-frame expires, reflect on your new results
- Analyze your new progress: what went well and what did not
- Then decide either to move forward with an expanded version of your goal or objective or to drop it completely as non-attainable