

7-Day Habit Experiment

Try one small change. Pay attention. See what happens.

You really shouldn't try to fix everything at once. Choose one habit to experiment with for the next seven days. **Note down the observation questions that go with your chosen habit, and pay attention to them throughout the week.** The aim is to notice what happens when you change one small thing and give it enough time to tell you something.

A note on timing: Seven days is enough for most of these experiments. If you choose the coffee or the snack diet, consider extending your experiment to two weeks. Some changes take a little longer to reveal a pattern.

Chosen habit

- ☐ Early dinner
- ☐ Digital diet
- ☐ Coffee diet
- ☐ Regular breaks
- ☐ Predictability islands
- ☐ Limit snacks
- ☐ Moving 15 min. a day

What might get in the way

What I can put in place

- ☐ Change the environment
- ☐ Remove a decision
- ☐ Prepare in advance
- ☐ Set a reminder
- ☐ Put something within reach
- ☐ Move something out of reach
- ☐ Attach to an existing habit

MY 4 QUESTIONS

1. _____
2. _____
3. _____
4. _____

1 DAY 1

What did I notice?

2 DAY 2

What did I notice?

3 DAY 3

What did I notice?

4 DAY 4

What did I notice?

5 DAY 5

What did I notice?

6 DAY 6

What did I notice?

7 DAY 7

What did I notice?

The experiment doesn't need to produce dramatic results to be useful. Sometimes simply discovering something you hadn't noticed before is already helpful. **What did you learn in these 7 days? Would you keep this habit? Why?**

