

MY TINY EXPERIMENTS PACT

Research Question: What do I want to find out?

THE PACT

WHAT will I do?	HOW LONG?	HOW OFTEN?
	From: To:	

OBSERVATIONS

How does it feel?	What gives/drains energy?	What surprises me?

DECISION

PERSIST (continue) PAUSE (stop) PIVOT (adjust)

What I discovered:

Next Steps:
