One-Week Practice Experiment

Choose one action to try in a real situation this week. Fill out the plan now and put the review page somewhere you can find it.

The action I want to practice

Name something observable you can do.

Where and when I'll try it

Use a cue you will actually encounter.

What usually gets in the way?

Name the friction you expect.

My bad-day version

Make it small enough to try when tired, busy or scattered.

How I'll know I followed through

Choose something you can point to afterward.

Review What Actually Happened

A missed attempt gives you a place to look. Use the examples you actually lived this week.

First attempt

Where was I, what did I do and what followed?

Second attempt

What helped me start, or what got in the way?

Third attempt

What did the smallest version make possible?

What changed in my behavior?

Look for a rep you can name and any effect others could notice.

One adjustment for next week

Decide what to repeat, make smaller or change.