

# Spectrum Thinking Worksheet

1. What decision are you trying to make?

2. Think of it as a spectrum of options & label the extremes on either end of the spectrum below.

Too little work

Example

Too much work

3. List what you expect to observe when you operate at each extreme. *Capture both positive and negative items.*



4. List what you observe when things are just right

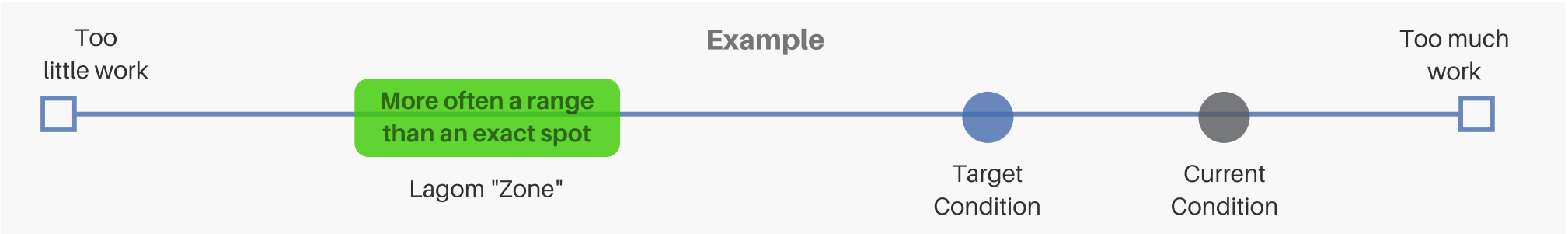
5. Capture what you observe in your current situation

6. Go back to page 1 and plot the ideal operating range (aka *Lagom*) and your current condition on the spectrum there.



## Getting to Lagom

7. Now, determine and plot a target condition on the spectrum on page 1.



8. List signals you'll observe at your target condition.

9. List trade-offs that might need to be made to get there.

10. Plan and execute your experiment

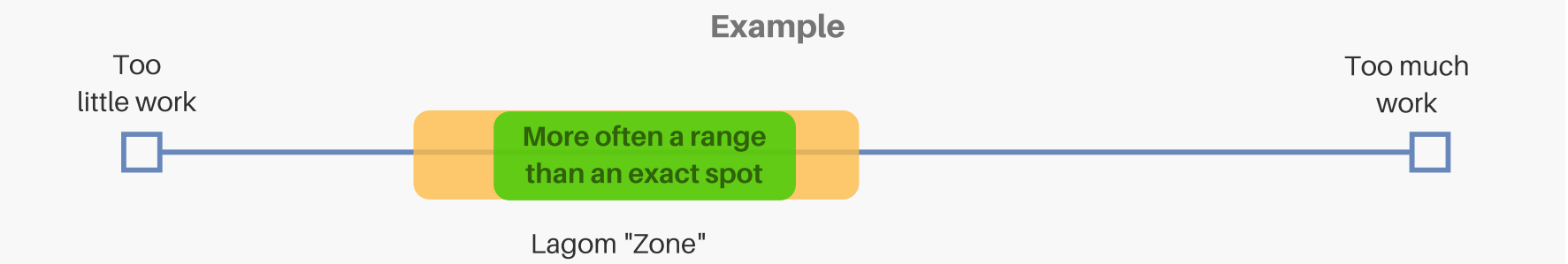
Repeat this page as many times as needed

Date & step	What you expect + metrics		What happened	What you learned
		Experiment		



## Staying Lagom

Staying there is as important as getting there



11. List signals you're leaving your Lagom Zone	12. For each, determine how will you monitor for that signal