

Purpose of the experiment

I will write 1500 words each day because this will improve my work output, make me more comfortable as I will worry less if I work hard enough, will allow me to dedicate the rest of my time to volunteering, and gives me the opportunity to reflect on my actions through writing.

6.B. Assets and Liabilities

The main asset that is available to me is my ability to write. I like writing and therefore the goals of the experiment should be achievable. My commitment to work on my various writing projects (book and assignments) should be enough to keep me going and to make me productive enough to meet my goals.

The main obstacle I will have to face is time. As I work full-time and have an active social life I will have to find the energy to work on my writing projects while keeping up with the other things I want to do.

For me this is an innovation as it quantifies for myself the progress I have to meet. Previously I used to have these desires to write stuff but these always got postponed as a result of a lack of a good indicator (daily word minimum). By explicitly stating the number of words I would like to write each day on either personal development projects or the book I want to write, I have a firm indicator to compare my progress to.

6.C. Goal and Results Metric for Work or School

The intended goal for my experiment could be twofold: getting a result of the recognition of the personal development or be able to increase the size of my company by publishing the book and subsequent trainings.

With regard to the book I plan to write it and use it as a teaser for subsequent workshop and consultancy engagements I intend to deliver through my company.

Metrics I will use in this domain are the following:

- Number of workshops delivered
- Revenue generated from book related activities

I don't think I want to put final indicators as this would imply I would be done when I reach those. Instead I would like to use flexible goals as this would allow me to adjust these according to changes in needs I might face at that moment.

6.D. Goal and Results Metric for Home

The goal for the home domain is that I will be more present while I spend time with my family. This includes me being more focused on others in my life and caring more about them than I currently do.

An indicator for this would be the quality of the time spend together (as opposed to quantity).

6.E. Goal and Results Metric for Community

The intended goal for my community is that I will be more with my mind at the volunteering activities instead of other stuff. This will increase my performance as a volunteer.

I don't not know what good indicators look like so feel free to suggest some in your comments.

6.F. Goal and Results Metric for Self

The main goal of this experiment will be ease of mind as I know I reached my goal for the day and won't feel the need to keep on working even though I already worked hard.

As a metric I would like to use "ease of mind" even though this is not really measurable I believe this is a good metric to use.

Success will show itself by me being more relaxed (less tense) which will show itself through me feeling less stressed and taking more time with others.

6.G. Actions Steps

The following steps will be taken to make sure the experiment will be a success:

- During weekdays, I will dedicate 2 hours to writing each evening. I am aware this is a significant commitment but I will be able to rejuvenate during my commute from work (45 min). I will use this time to call my girlfriend and relax so I do feel relaxed during the evening and can dedicate this time to writing.
- During weekends, I will dedicate 2 hours on Sunday morning to writing. Usually I use these hours to sleep late. Making better use of this time will help me to produce more work. Saturdays are off-limits for writing as I will use this time for volunteering (community sphere) (morning) and spending time with the rest of my family and doing other fun things (self/home).