

How is it going?

As part of my experiment to write 1500 words each day (except for Saturdays) I took the following steps:

- I informed my family and friends of this experiment
- I started a blog to post the progress on I made on MOOCs each week
- I call my girlfriend everyday from work to talk to her instead later in the evening.
- I woke up earlier than normal on Sunday (usually my 'lazy' day) to start writing early
- I started to write 1500 words each day ;)

What is in it for them

Group or person	Perceived effect on them by me	Hopes for meeting their expectations better
Girlfriend	Me spending more quality time with her	She wanted to spend more quality time with her and me working less
Family	Better understanding what I am doing	By sharing parts of my life through written form, I hope to be better at explaining what I do
Community	Better understanding what I do	By sharing parts of my life through written form, I hope to be better at explaining what I do
Work (self employment)	Progress on my new book	Growing my business by delivering workshops and consultancy services
Work (employee)	None	None

How does it feel

I feel fairly positive of this experiment as it allows me to do some things I have wanted to do for some time. However, I also find it sometimes challenging to commit to the writing after I finished my day job. Nevertheless I do see the goal clearly which helps me to stay motivated. Also, the fact Saturday I am not supposed to write helps when it comes to rejuvenate.

Revise your experiment

I do not see a need for change as currently I feel positive of the results and the people around me feel them as well. If I had to apply a change to the experiment, I would decrease the word limit with 300 words/day. However, I also feel this would be a first step towards reducing the number even further so I do not want to take this step for now.