

[5.1] YOUR TOP 3 UNCERTAIN GOALS_

Session 5: Tiny Experiments

Objective: Test ideas and build habits through small, low-stakes experiments, as described in Anne-Laure Le Cunff's Spark session.

Pick 3 goals where you're not 100% sure of the best approach:

Goal 1:

What I'm uncertain about:

Goal 2:

What I'm uncertain about:

Goal 3:

What I'm uncertain about:

[5.2] DESIGN YOUR TINY EXPERIMENTS_

Session 5: Tiny Experiments

EXPERIMENT 1

The question I want to answer:

The experiment (what, how often, how long):

Duration:

Success metric:

What I'll do after:

EXPERIMENT 2

The question I want to answer:

The experiment:

Duration:

Success metric:

What I'll do after:

[5.3] EXPERIMENTAL MINDSET_

Session 5: Tiny Experiments

EXPERIMENT 3

The question I want to answer:

The experiment:

Duration:

Success metric:

What I'll do after:

What belief am I letting go of? (e.g., "I have to get it right on day one")

What new belief am I adopting? (e.g., "I learn best by trying small things")

How will this change my approach to 2026?