



**SWIFT**



# DESIGNING A TINY EXPERIMENT FOR THE NEW YEAR

**Worksheet**



## EXERCISE #1



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# Taking field notes

What felt good in 2025

What didn't feel so good in 2025

What are ideas or topics  
you've been curious about?

*Type here....*

*Type here....*

*Type here....*

**Who are people who inspire you and give you energy?**

*Type here....*

**What kind of work gets you easily in the flow?**

*Type here....*

**What kind of work makes you procrastinate the most?**

*Type here....*

**What are skills you want to explore or improve?**

*Type here....*

**What are activities you want to do more of?**

*Type here....*

**What are activities you want to do less of?**

*Type here....*

## EXERCISE #2



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# Finding patterns

Pattern A

*I tend to...*

Pattern B

*I always...*

Pattern C

*I often...*



## EXERCISE #3



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# Formulating a research question

What is something you are curious about, whether it's about yourself, your work, or the world at large? Turn this into potential research questions, such as:

- Would I enjoy doing X?
- Would I be more (productive, creative, focused, ...) if I did X?
- Would I feel more (confident, energized, calm, ...) if I did X?

*Type your questions here...*



## EXERCISE #4



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# Making a pact

Time to design your mini-protocol for your tiny experiment! Here are some examples:

- I will read for 2 minutes every night for 2 weeks
- I will take 100 photos in 100 days
- I will eat a salad at lunch for 3 weeks
- I will go to the gym 3x a week for 2 month
- I will work from a coffee shop every Thursday until end of January
- I will write 4 articles in 1 month

*Type your pact here using the format "I will [action] for [duration]"*





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# 3-DAYS ACTION PLAN



- One skill to develop



- One concrete action



- One accountability step



# CAREER GPS ACTIVITY

- **Where am I now?**
- **Where do I want to be in 2-3 years**
- **Skills needed**
- **Barriers**



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# ALL DONE!



# NOW MAKE IT SUSTAINABLE



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### Q2

Exploration & learning



### Q4

Reflection & celebration



### Q1

Foundation & discipline



### Q3

Expansion & confidence

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