

The Micro-Experiment Tracker

A Gentle June of Small Shifts

A micro-experiment is a small, intentional action you try just for a day—or even just a moment.

You don't need to change everything to feel something shift.

This tracker is your space to notice, explore, and reflect—one week at a time.

How to Use This Tracker:

1. Choose one idea from the week's prompts.
2. Try it out in a way that fits your day.
3. Use the daily check-in to track your experience.
4. At the end of the week, pause and reflect—just a few thoughts are enough.

There's no wrong way to use this. Start where you are.

*“Small things, done with intention,
can change the way we see the world.”*

Week 1: *Shift the Pace*

Slow down to notice more

Choose One of the following:

- ☐ Try doing one task slower on purpose
- ☐ Take a photo of something you almost missed
- ☐ Silence your phone for one hour each day

Daily Tracker

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Did it							
Reflected							
How it felt							

Reflection: What changed when I slowed down?

(Write a few thoughts below)

Week 2: *Try the Unfamiliar*

Break routines gently

Choose One of the following:

- ☐ Use a different tool or app for a small task
- ☐ Watch or read something outside your usual bubble
- ☐ Move a physical item in your space to spark change

Daily Tracker

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Did it							
Reflected							
How it felt							

Reflection: What surprised me when I broke a routine?

(Write a few thoughts below)

Week 3: *Make It Personal*

Learn what energizes or drains you

Choose One of the following:

- ☐ Keep a tally of when you feel most like yourself
- ☐ Say “no” to one small thing this week
- ☐ Write one sentence a night about what surprised you

Daily Tracker

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Did it							
Reflected							
How it felt							

Reflection: What energized or drained me this week?

(Write a few thoughts below)

Week 4: *Creative Curiosity*

Play without pressure

Choose One of the following:

- ☐ Doodle during a call or brainstorm session
- ☐ Ask one “why” question a day
- ☐ Finish something imperfect and leave it as is

Daily Tracker

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
Did it							
Reflected							
How it felt							

Reflection: What did I enjoy most, even if it wasn't perfect?

(Write a few thoughts below)

Wrap-Up: Looking Back, Looking Forward

Take a moment to look over the small shifts you made this month.

Sometimes change whispers rather than shouts.

Which week felt most natural for you? Why?

What surprised you the most this month?

Is there one micro-experiment you want to continue?

What will you carry forward into July—or into tomorrow?

*“Every small shift is a seed.
We don’t always see what grows from it—but it matters.”*