

# 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:**

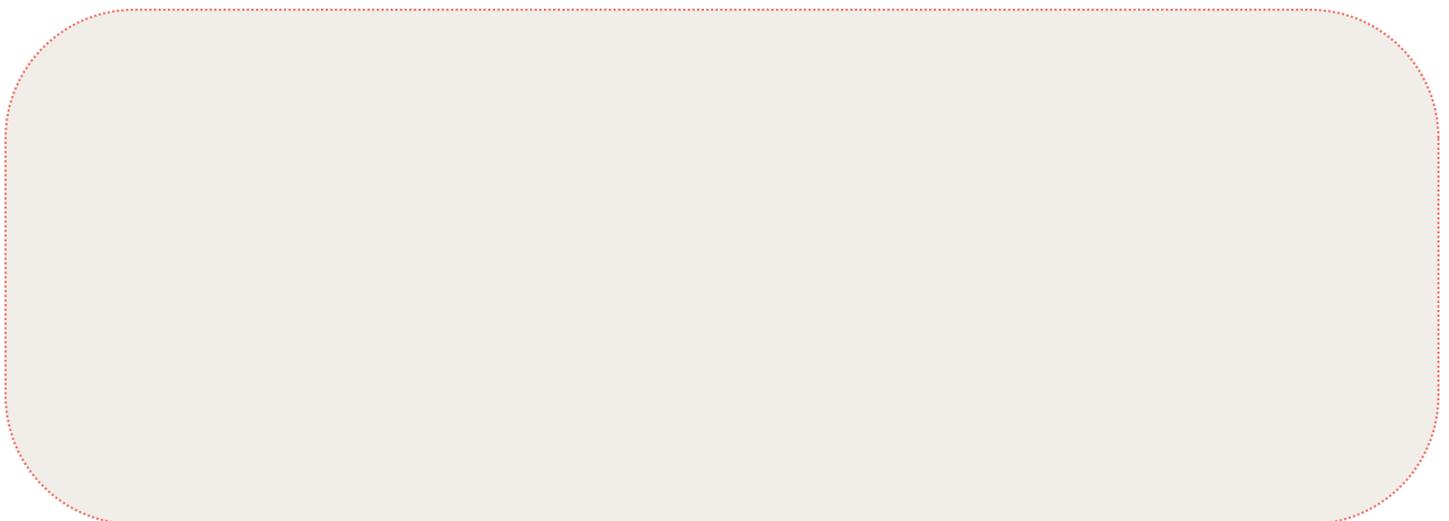
- Doodle during a call or brainstorm session
- Ask one “why” question a day
- Finish something imperfect and leave it as is

## 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?*

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*What surprised you the most this month?*

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*Is there one micro-experiment you want to continue?*

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

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