



Try something different.

Choose one small experiment together. The aim is to learn, rather than prove yourself right or wrong.
You can feel anxious and still notice something useful.

01 / BEFORE

What do I predict?

What does my mind expect will happen?

02 / MY EXPERIMENT

What small change will I try?

What will I do differently, and when?

03 / AFTER

What actually happened?

What did I observe, rather than assume?

04 / WHAT I TAKE FROM IT

What have I learned?

What fits or questions my prediction? What could I try next?

If the step felt too much or didn't happen, that is useful information too. We can adjust it together.