

INSTRUCTIONS

In *Tiny Experiments*, a pact is described as an "actionable commitment you will fulfill for a set period of time" which should be:

- **Purposeful:** Your pact should feel exciting and provides meaning through the learning journey itself.
- **Actionable:** Your pact should be doable with your current resources, so you can take action today rather than overplan for tomorrow.
- **Continuous:** Your pact should be based on a simple and repeatable action, such as something you can do every day, every week, or every month.
- **Trackable:** You should be able to track your pact with a binary question. Have you done it or not? Yes or no?

This template will help you with the "trackable" aspect of conducting a tiny experiment.

Step 1: Choose a 4-week pact with a weekly Plus Minus Next review or a shorter 10-day pact with a daily review as a starting point.

Step 2: Edit the action in your pact and the start date.

Step 3: Track your progress using the check boxes and review your progress using the Plus Minus Next columns.

At the end of your experiment, consider increasing the positive impact of your pact by sharing what you learned with others!

HOW TO USE

You can either make a copy and use this template directly in Google Sheets by clicking on File > Make a copy, or download the spreadsheet and open it with Microsoft Excel by clicking on File > Download.

Feel free to make this template your own! Change the duration, adapt it for other tools such as Notion and Obsidian, create an analog version in your Bullet Journal... This template is just a starting point. You are the scientist of your own life.

PACT:	I will [action] every day for 4 weeks.			Tiny Experiment Start Date: [insert]	
Day	Done?	Field Notes	Plus	Minus	Next
1	<input checked="" type="checkbox"/>		• ... • ... • ...	• ... • ... • ...	• ... • ... • ...
2	<input type="checkbox"/>				
3	<input type="checkbox"/>				
4	<input type="checkbox"/>				
5	<input type="checkbox"/>				
6	<input type="checkbox"/>				
7	<input type="checkbox"/>				
8	<input type="checkbox"/>		• ... • ... • ...	• ... • ... • ...	• ... • ... • ...
9	<input type="checkbox"/>				
10	<input type="checkbox"/>				
11	<input type="checkbox"/>				
12	<input type="checkbox"/>				
13	<input type="checkbox"/>				
14	<input type="checkbox"/>				
15	<input type="checkbox"/>		• ... • ... • ...	• ... • ... • ...	• ... • ... • ...
16	<input type="checkbox"/>				
17	<input type="checkbox"/>				
18	<input type="checkbox"/>				
19	<input type="checkbox"/>				
20	<input type="checkbox"/>				
21	<input type="checkbox"/>				
22	<input type="checkbox"/>		• ... • ... • ...	• ... • ... • ...	• ... • ... • ...
23	<input type="checkbox"/>				
24	<input type="checkbox"/>				
25	<input type="checkbox"/>				
26	<input type="checkbox"/>				
27	<input type="checkbox"/>				
28	<input type="checkbox"/>				
Total:	1	Steering Sheet:	I will [persist / pivot / pause] because...		

PACT: I will [action] every day for 10 days.		Tiny Experiment Start Date: [insert]			
Day	Done?	Field Notes	Plus	Minus	Next
1	<input checked="" type="checkbox"/>		<ul style="list-style-type: none">• ...• ...• ...	<ul style="list-style-type: none">• ...• ...• ...	<ul style="list-style-type: none">• ...• ...• ...
2	<input type="checkbox"/>		<ul style="list-style-type: none">• ...• ...• ...	<ul style="list-style-type: none">• ...• ...• ...	<ul style="list-style-type: none">• ...• ...• ...
3	<input type="checkbox"/>		<ul style="list-style-type: none">• ...• ...• ...	<ul style="list-style-type: none">• ...• ...• ...	<ul style="list-style-type: none">• ...• ...• ...
4	<input type="checkbox"/>		<ul style="list-style-type: none">• ...• ...• ...	<ul style="list-style-type: none">• ...• ...• ...	<ul style="list-style-type: none">• ...• ...• ...
5	<input type="checkbox"/>		<ul style="list-style-type: none">• ...• ...• ...	<ul style="list-style-type: none">• ...• ...• ...	<ul style="list-style-type: none">• ...• ...• ...
6	<input type="checkbox"/>		<ul style="list-style-type: none">• ...• ...• ...	<ul style="list-style-type: none">• ...• ...• ...	<ul style="list-style-type: none">• ...• ...• ...
7	<input type="checkbox"/>		<ul style="list-style-type: none">• ...• ...• ...	<ul style="list-style-type: none">• ...• ...• ...	<ul style="list-style-type: none">• ...• ...• ...
8	<input type="checkbox"/>		<ul style="list-style-type: none">• ...• ...• ...	<ul style="list-style-type: none">• ...• ...• ...	<ul style="list-style-type: none">• ...• ...• ...
9	<input type="checkbox"/>		<ul style="list-style-type: none">• ...• ...• ...	<ul style="list-style-type: none">• ...• ...• ...	<ul style="list-style-type: none">• ...• ...• ...
10	<input type="checkbox"/>		<ul style="list-style-type: none">• ...• ...• ...	<ul style="list-style-type: none">• ...• ...• ...	<ul style="list-style-type: none">• ...• ...• ...
Total:	1	Steering Sheet: I will [persist / pivot / pause] because...			