

# WORKSHEET: SELF-EXPERIMENTATION

*Life is one grand experiment full of learning. One of the best ways to be a lifelong learner is to continually practice self-awareness. The beautiful thing about self-awareness is there is no such thing as failure, just information. If we approach life with this philosophy, everything we do is simply an opportunity to learn more about ourselves. And the more we learn about ourselves, the more capable we become of expressing our wants, needs, and feelings with others.*

## PRACTICE SELF-EXPLORATION

Ask yourself: What activities do I routinely engage in?

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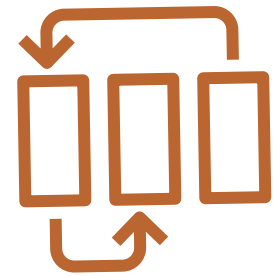
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*Maybe download a habit tracker app to see how much time you really spend watching tv or scrolling social media.*

## HABIT STACKING

A helpful tool is pairing or “stacking” one habit on another. Already brushing your teeth? Say some affirmations in the mirror! Scrolling social media? Get up from your desk and “scroll and stroll” around the office or house during a five minute timer (but look out for others!). Make a list below of habits you do that could be stacked with habits you want to do.

HABITS YOU DO	>	HABITS YOU WANT TO DO
_____	>	_____
_____	>	_____
_____	>	_____



Ask yourself: Is there anything in my life that makes me feel stuck? *It might show up as a body sensation, feeling, or thought.*

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Ask yourself:

What is one new thing I want to learn? \_\_\_\_\_

What resources do I have to get this done? What resources do I need?

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How can I structure this goal into my life?

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Can I set milestone check-ins? What rewards would keep me motivated?

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Can I commit today? \_\_\_\_\_

Here are a few things to try as part of a self-experimentation practice:

Take yourself on a date. Go somewhere you have never been or do something new.

Perhaps, you engage in hobby you’ve wanted to try or explore a new restaurant. Challenge yourself to go alone.

**If you have been thinking about making a change for a while, take action!**

Apply for a new job, look into what it would take to switch careers or pursue higher education. It is never too late to start again.