

## SOLO ONE | Evaluate.

Evaluate your first experiment by following the guidelines below. For more help and guidance on evaluation, check out Section 5.1 of the course site. If you did not complete your first experiment, skip to the next page.

*If* you *did* complete your first experiment, some helpful questions to ask while evaluating your experiments are as follows:

- Did your pursuit pass “The Saturday Morning Test”?
- Would you do this no matter what? Did you enjoy doing it for the sake of it (& not solely in pursuit of some end goal or accomplishment)?
- Did completing your experiment cause you to feel more alive & more vital? Did it increase your energy (or did it drain your energy)?
- Any other question that helps you to evaluate.

*note your observations*

if your evaluation is ...

**negative**

**STOP RIGHT HERE**

... start again at *Point A* and choose a new experiment (you can pick from the pool of potential experiments you listed in your Module 4 homework if you'd like). Commit to following through on this new experiment at worksheet **SOLO TWO**

**positive** THEN ASK:

*Do I want to build on this and take it further?*

*If* **NO**

Continue with this pursuit, but don't evolve any further with it. Then ...

*If* **YES**

Ask yourself: “How can I do more of this in any way possible?” Choose a new, related follow-up experiment to help this pursuit branch out and evolve further. Commit to following through on this new experiment at worksheet **SOLO TWO**.

## SOLO ONE | Evaluate. (continued)

*If* you *did not* complete your first experiment, ask yourself the following questions:

1. How do I feel about not having completed my experiment?
2. Do I believe my experiment is really worth doing? Why or why not?

*note your observations*

if your answer to question #2 is ...

### NO

Then ask: *“What would be a better experiment for me?”*  
Commit to following through on this new experiment at SOLO TWO.

### YES

Then ask: *“What’s getting in my way, and what can I do to address it next time around?”*  
Complete the worksheet at SOLO THREE on “Overcoming Your Stumbling Blocks”, then recommit to completing your experiment at SOLO TWO.

# SOLO TWO | Evolve.



Depending upon your evaluation and the appropriate evolutionary step as determined at SOLO ONE, decide upon and commit to your next experiment. (If necessary, you can use the 3-step process below to help you choose, or if you already know what your next experiment will be, feel free to skip straight to Step 3: *Get Specific*).

## ① Brainstorm!

Use the space below to brainstorm a pool of potential 'next' experiments. (If it's appropriate, you can also pick from the pool of potential experiments listed in your Module 4 homework).

process below to help you choose, or if you already know what your next experiment will be, feel free to skip straight to Step 3: *Get Specific*).

## ② Choose!

Now choose one of these experiments to act on prior to your next group meeting. In choosing an action step, the most important thing is that it feels right for you. It should feel exciting, challenging, and/or relieving, *not* overwhelming or obligatory.

## ③ Get Specific & Commit!

To get started, it's helpful to get specific about your experiment. You can use the following framework as a guide if it's helpful for you (if your experiment involves multiple steps, feel free to narrow it down to the very first step you'll need to take):

"I, amazing and capable \_\_\_\_\_ (state your name here), am about to embark on my very first E & E experiment of \_\_\_\_\_ (state your chosen experiment here)! The very first action step I must take involves

\_\_\_\_\_

(break your task down into a smaller step if necessary), which I will complete on or before the date of \_\_\_\_\_ (this should fall on or before your group's Module 6 meeting).

**HECK YES!"**

## SOLO THREE | Overcoming Your Stumbling Blocks.

Double your chances of success by completing the following exercise. {For more details about this exercise and why it will double your chances at success, check out *Section 4.4* of the course content.}

**EXTRA  
CREDIT**

First, name any and all stumbling blocks you're likely to come up against in the process of completing your experiment. What might get in your way of completing your experiment?

Second, write down a plan to deal with these stumbling blocks! Imagine and document, in detail, what you will do if this stumbling block occurs and how you will overcome it and complete your experiment.

SOLO FOUR | Review. Reflect. Journal.



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