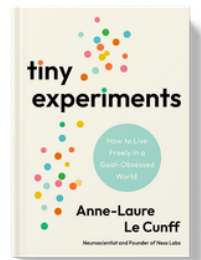


How to use tiny experiments to make progress at work

An experimental mindset starts with curiosity rather than certainty. It helps you learn through action and collect evidence about what works for you.

Anne-Laure Le Cunff's tiny experiments are a simple way to put this mindset into practice: "I will [action] for [duration]".

If you're exploring a career change, learning a new skill or building confidence, tiny experiments can help you discover what to do next.



Deeper Dive

Use PACT to help design your tiny experiment

Purposeful - Choose something you're genuinely curious about and that feels meaningful to you.

Actionable - Start with the time, money, network and resources you already have. Keep your experiment and duration small and achievable so you can get started straight away.

Continuous - Choose something you can do more than once, rather than a one-off activity.

Trackable - Keep it simple with a tick, yes/no or habit tracker. Focus on completing the experiment before analysing the results.

My tiny experiment

I will [action] for [duration]. This could sound like, "I'll share one idea in every team meeting for one month" or "I'll walk for ten minutes before work for ten days."



Reflect on what you've learned

Once you've finished running your experiment, try using Plus / Minus / Next to review what you learned

Plus (+)

Minus (-)

Next

What worked well?

What didn't work so well?

What will you continue, change or try next time?