



# Change Academy Lab Notes

**TOPIC:** Microplanning

**EPIISODE #47**

## **NOTES/TAKEAWAYS:**

## **EXPERIMENT:**

1. Pick something that's been on your to-do list forever without making any progress.
2. Brainstorm the very first steps that you'll take--or even the preparatory steps that you need to before you can start.
3. Schedule the first step or steps individually into your planner.
4. When the appointed time comes, execute that first micro-step no matter what.

## **OBSERVATIONS:**

## **FURTHER EXPERIMENTS:**